

Daily Learning Planner

*Ideas families can use to help children
do well in school*

Special Education Parent Resource Center
Roanoke County Schools



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Encourage your child to start a diary or journal for 2022.
- 2. Tonight, take a walk with your child. What sounds can you hear?
- 3. Brainstorm with your child about something you would both like to learn, such as how to play chess. Check out a how-to book.
- 4. Choose a number from one to 12, then have your child list all the things she can think of that come in that number.
- 5. Write an encouraging note to your child and tuck it in her lunch box or a school book.
- 6. Teach your child to take his pulse. Have him jump up and down 15 times and take it again. Has it changed?
- 7. Send your child on a treasure hunt. Make a map that will lead her to a small treat.
- 8. Have your child replace adjectives on a printed ad with their opposites.
- 9. Together, plan your child's recreational screen time for this week.
- 10. Help your child interview family and friends in career fields that interest him. What is a typical day like for them?
- 11. Have your child set a goal and write a plan to achieve it by the end of the school year.
- 12. When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.
- 13. Think of several words that start with the same letter. Can your child use them in a sentence that makes sense?
- 14. Choose a news story. Cut off the headline. Challenge your child to read the article and write his own headline.
- 15. Ask your child what she thinks are her strong skills and why.
- 16. Organize something with your child, such as a closet.
- 17. Trace your child's outline on paper. Then have him research and "map" the inside of his body.
- 18. Teach your child to call 911 in an emergency. Together, practice what to say.
- 19. Explain to your child how people reach compromises. Give an example.
- 20. Read a poem aloud. Stop to let your child guess what the next rhyming word will be.
- 21. Together, role-play a difficult situation your child may face.
- 22. Give family members marshmallows and uncooked spaghetti. See who can build the tallest tower.
- 23. Look for a new kind of transportation to try with your child.
- 24. Have your child predict the results of flipping a coin 10 times. Try it and see if she's right.
- 25. Hold a family meeting. Discuss your family's goals and successes.
- 26. Write fractions on cards. Mix them up. Have your child put them in order from smallest to greatest.
- 27. Have a family jump rope contest. How many jumps can you do in a row?
- 28. Make a chore chart with your child. List his chores and when they should be completed.
- 29. Talk with your child about things people use that come from plants.
- 30. Invent a word with your child. Help her write a definition as it would appear in the dictionary.
- 31. Have your child read the label on a food he eats. What vitamins does it contain? How much sugar is in it?