

Daily Learning Planner

*Ideas families can use to help students
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 Students Do Well in School—Try a New Idea Every Day!

- 1. Have your teen think of something nice you could do together for someone else. Set aside time to do it.
- 2. Ask your teen to read a news article and report on it during dinner.
- 3. Involve your teen in decisions about curfews or other limits.
- 4. Talk about the advertisements when you watch TV with your teen. How do they try to persuade viewers?
- 5. Have your teen use a phone or camera to record "A day in the life of our family."
- 6. Discuss ways your teen could get more sleep.
- 7. Teach your teen a problem-solving process: brainstorm solutions, write down the pros and cons of each, choose the best one and carry it out.
- 8. Ask who in your family your teen feels most like. Why?
- 9. Suggest that your teen start a book club with friends.
- 10. Together, listen to music neither you nor your teen normally listens to. Discuss what you hear.
- 11. Encourage your teen to invite friends over for pizza and a movie.
- 12. Notice nonverbal messages. If you see your teen smile, you might say, "You seem happy."
- 13. Ask your teen to proofread something you've written.
- 14. Ask your teen, "If you could trade lives with somebody you know, who would it be? Why?"
- 15. Give your teen some examples of difficult situations. How would your student handle them?
- 16. Agree on an adult friend your teen can reach out to if asking you for advice feels uncomfortable.
- 17. Talk together about your teen's plans for life after graduation.
- 18. When your teen overreacts, it's important for you not to. Set a time to talk later when you both are calm.
- 19. Start a family calendar. Have each family member use a different colored pen to record activities.
- 20. When doing errands, encourage your teen to talk with local business people about the jobs they do.
- 21. Look for ways to give your teen more responsibility, such as getting up in the morning without your help, making doctor's appointments, etc.
- 22. Talk with your teen about what makes a healthy friendship.
- 23. Encourage your teen to volunteer. Students can learn valuable lessons while helping others.
- 24. Discuss social media with your teen. Emphasize the importance of not comparing daily life with other people's best days.
- 25. Ask your teen to help you make a decision.
- 26. Teach your teen to trust instincts. If a situation seems like it may get out of hand, your teen should avoid it.
- 27. Ask your teen, "What things that we have done together have you enjoyed?" If possible, make plans to do these activities again.
- 28. At bedtime tonight, tell a story about yourself at your teen's age.
- 29. Teach your teen to track savings and spending.
- 30. When your teen studies for a big test, suggest planning a five-minute break after every 30 minutes of study.
- 31. Write down important school dates on your family calendar. Plan to attend events for families.