

# 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. Ask who your child's role models are and why.
- 2. Students who read regularly earn higher grades. Start a daily reading time for the entire family.
- 3. At dinner, list reasons you appreciate your middle schooler.
- 4. When your child tells you something important, restate it to make sure you understood.
- 5. Invent a recipe together. If it doesn't work, brainstorm ways to fix it.
- 6. Share a joke with your child today.
- 7. Tell your child about your day—in as much detail as you'd like to hear about your child's.
- 8. When reviewing schoolwork, comment on things your child did correctly before giving constructive feedback.
- 9. Discuss the character traits your child has that will eventually help in the workplace.
- 10. If dawdling is a problem for your middle schooler, set a timer and challenge your child to "beat the clock."
- 11. As a family, create a routine that will make mornings easier.
- 12. Before your middle schooler attends a party, make sure it will be supervised by an adult.
- 13. Teach your child how to sew on a button today.
- 14. How would your child handle peer pressure to try drugs or alcohol? Role-play ways to say *no*.
- 15. Test observation skills. Can your child describe someone you both just passed on the street? Challenge each other!
- 16. Read a history or science reading assignment with your child. Ask, "Can you tell me about what this said in your own words?"
- 17. Give your child a houseplant and the responsibility for taking care of it.
- 18. "Because I said so!" is frustrating for middle schoolers to hear. Explain your reasoning.
- 19. Talk with your child about ways to resolve conflicts peacefully.
- 20. Encourage your child to read during quiet times at home. Before bed is a perfect time to read.
- 21. Share a photo with your child of yourself at the same age. Tell some stories about what that age was like for you.
- 22. Talk with your child about mistakes. What are some ways people can learn from their mistakes?
- 23. Encourage your child to get to know at least three new people at school outside of the usual group of friends.
- 24. Remind your child that washing hands often is an important way to prevent the spread of illness.
- 25. Do something you and your child have never done before. Try a new food. Listen to a new type of music. Visit a new place.
- 26. Play Math Jeopardy at dinner. Say a number. Who can come up with a problem for which it is the answer?
- 27. Ask how your child feels the school year is going so far.
- 28. Remind your child that there are no stupid questions. Students who really want to learn should ask questions in class.
- 29. With your child, try to list things you each did two days ago.
- 30. Encourage your child to combine physical activity and learning by listening to an audiobook while exercising.
- 31. Ask your child, "If you could change one thing in the entire world what would it be?"