

Daily Learning Planner

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

Atkinson County Schools
Family Engagement



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. Take books and flashlights outside. Read under the stars with your teen.
2. Ask your teen, "What assignments from this school year do you think you will remember five years from today?"
3. Encourage your teen to do mood check-ups when going online. Feeling sad, angry or envious is a cue to switch to a screen-free activity.
4. Will your teen be applying for a summer job? Now is a good time to ask teachers and others for permission to list them as references.
5. Many students host end-of-school-parties. If your teen will be, limit the guest list. Be present. Walk through the party occasionally, offering snacks.
6. Ask your teen to guess which nutrients are in a packaged food, then check the label to find out.
7. Together, choose your teen's five best writing samples. Suggest that your student search online for a teen writing contest to enter and send one in.
8. Go on a walk with your teen to take photographs. Choose a theme, such as a color, shadows or a number.
9. Laugh with your teen about a mistake you made.
10. Post your teen's summer reading list in a visible spot. Your high schooler can check off each book after finishing it.
11. Let your teen pick three free or low-cost places within driving distance for your family to visit this summer. Make plans to do so.
12. Help your teen create a résumé or update an old one. It should include volunteer jobs and workplace skills learned at school, such as coding.
13. Turn off digital devices tonight. Read aloud as a family instead.
14. Talk about skills your teen has improved by putting in effort and practice. Praise your teen's determination.
15. Make it a summer rule that your family eats at least one meal together every day.
16. Read an editorial with your teen. Discuss whether you agree with the opinions stated.
17. Make it a point to know where your teen is going and with whom.
18. Decide on educational goals your whole family can pursue this summer.
19. Work on a hobby with your teen.
20. Make sure your teen does some kind of exercise every day this summer.
21. Talk with your teen about the positive and negative aspects of stress.
22. Have your teen find a star chart in a book or download a stargazing app. Go outside together after dark—how many constellations can you spot?
23. Ask your teen, "Are there any questions you would like to ask me?"
24. Teach your teen a basic kitchen skill like chopping an onion or making hard-boiled eggs.
25. Ask your teen, "What is one of the best times we have ever had together?"
26. Let your teen help you make a family chore chart. Everyone can check off jobs as they complete them.
27. Take your teen to the library. Check out two copies of the same book so you can read and discuss it together.
28. Suggest your teen start a scrapbook to document highlights of summer vacation.
29. What would your teen's dream house be like? Encourage your student to write about it and include as many details as possible.
30. Together, make a plan for redecorating or rearranging your teen's room.