

Daily Learning Planner

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

Kingston K-14 School District



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 your child to make a map of your neighborhood, including as many landmarks as possible.
- 2. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.
- 3. Start a positive habit with your child.
- 4. Read the Declaration of Independence with your child today. Talk about why it was written.
- 5. Give your child a cereal box. If family members each eat one serving a day for 25 days, how many calories will they consume?
- 6. Talk with your child about what makes you happy and what causes stress in your life.
- 7. Ask your child, "Can you name two ways you could be a better friend?"
- 8. Don't impose a punishment in the heat of the moment. Establish consequences for breaking rules at the same time you set the rules.
- 9. Ask your child to recommend a book for you to read.
- 10. Pack a nutritious lunch and go for a picnic with your child today.
- 11. Ask your child to read and tell you about one newspaper article every day this week.
- 12. Is your child turning into a summer couch potato? Limit TV time and encourage outdoor activity.
- 13. Have a Predictions Day. Take turns predicting things such as the time needed to get to places, or what will happen at the end of the book.
- 14. Middle schoolers believe their feelings are unique. Instead of saying "I know how you feel," just listen and ask follow-up questions.
- 15. Save your next five grocery receipts. Ask your child to calculate the average amount you spent on food.
- 16. Have your child research historical events that happened on July 16.
- 17. Does your child have a strong opinion about something? Encourage your student to find facts that support that point of view.
- 18. Have your child compare the prices of two sizes of the same product. Which is the better buy?
- 19. Write a note. Scramble the letters of each word and challenge your child to decode it.
- 20. Give your child the facts about sex—and discuss how your values relate to the facts.
- 21. Discuss the importance of thinking things through before making decisions.
- 22. At dinner, have family members say something nice about each person at the table, including themselves.
- 23. Ask your child to share the funniest thing that happened today.
- 24. Watch a movie with your child. Discuss the setting, plot and characters.
- 25. Let your child stay up a little later tonight to read in bed by flashlight.
- 26. Read a letter from an advice column aloud. Then ask everyone to take a turn being the advice columnist.
- 27. As you drive, talk about traffic safety with your child.
- 28. Introduce your child to historical fiction. It's a great way to put a human face on history.
- 29. Get up early and watch the sunrise with your child.
- 30. Help your child do something for a neighbor in need. Community service teaches kids that they can make a difference.
- 31. Listen to classical music together today. How many instruments can your child identify?