

Daily Learning Planner

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

Paris Union School District No. 95



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. Talk with your child about the qualities you each look for in a friend.
- 2. If you want your child to get more involved at school, set an example. Join a club or group that interests you.
- 3. Have your child repeat what you say word for word. Then switch roles.
- 4. Encourage your child to combine exercise and learning by listening to an audiobook while walking or working out.
- 5. Don't pay your child for regular chores. All family members should help out around the house.
- 6. Talk about stereotypes with your child. Discuss why they're unfair.
- 7. At a store, practice rounding prices to the nearest dollar with your child.
- 8. If your child gets headaches, squints or holds books too close, schedule a vision check-up.
- 9. Tell your child a joke. Laughing together eases stress.
- 10. Talk with your child about how each of you could improve your listening skills.
- 11. Together, watch a movie based on a book your child has read. Ask, "How are the versions similar or different?"
- 12. Help your child build vocabulary. Do a crossword puzzle together today.
- 13. Put your child in charge of taking photos at a family event.
- 14. Exchange persuasive letters with your child. Try to convince each other of something.
- 15. Establish times when using digital devices is not allowed, such as during mealtimes and right before bedtime.
- 16. When looking at graded work, focus first on what your child has learned in that subject, not on the grade.
- 17. Ask your child to teach you about a concept that will be on an upcoming test.
- 18. Encourage your child to write a nice note to an elderly neighbor or family friend.
- 19. Give your child a math-related household task to do, such as doubling a recipe.
- 20. Remind your child of the long-term benefits of achieving in school.
- 21. Look at pictures together from when your child was young. Tell stories that highlight your child's positive characteristics.
- 22. Your child is likely to remember more from two 20-minute study sessions than from one 40-minute session.
- 23. Make a decision as a family. It builds cooperation and communication.
- 24. Take your child to a high school event, such as a play or sports game. Talk about things to look forward to in high school.
- 25. Ask your child to pretend to be mayor for the day. What three things would make your community a better place?
- 26. Is your child getting enough exercise? Take a brisk walk together today.
- 27. With your child, learn how to count to 10 in three foreign languages.
- 28. Middle schoolers know their shortcomings. They need you to remind them of their strengths.
- 29. With your child, look up things you both want to learn more about in an online encyclopedia.
- 30. Remind your child to consider character rather than popularity when choosing friends.
- 31. Vaping is on the rise again. Learn about the dangers and share them with your child.