

Daily Learning Planner

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

Shallowater Independent School District



THE
PARENT
INSTITUTE®

March 2026

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

1. Sometime today, exchange notes with your child instead of talking.
2. Tell your child a story about a positive way you resolved a conflict.
3. Encourage your child to make an audio or video recording of important ideas from a chapter or unit and play it back to study.
4. Ask your middle schooler to keep a TV/video log. Your child can record shows watched and personal opinions of them.
5. Comment on a positive quality that makes your child special.
6. Set an example for your child. Admit when you are wrong and apologize.
7. Call out words from a thesaurus at dinner. Take turns naming synonyms.
8. Remind your child that social media posts rarely give a complete, realistic picture of someone's life.
9. Tell your child a joke today.
10. Suggest that your child write about situations that cause strong emotions in a diary and list appropriate ways to handle them.
11. Ask your child to imagine life 150 years ago and 150 years in the future.
12. Have your child compare nutrition labels for different brands of a packaged food, such as cereal. Which has the most vitamins?
13. Give your child a say in a family decision: which movie to watch, what kind of pizza to order or which gift to buy.
14. Challenge your child to solve math problems with a personal slant, such as "How many hours old are you?"
15. Ask your child to teach you how to play a favorite game.
16. Today, talk to your child as you would to a friend or coworker. How does your child respond?
17. Discuss your family's values and how you expect your child's behavior to reflect those values.
18. By providing privacy, families demonstrate respect for children. Knock before entering your child's room.
19. Challenge family members to learn and use three new words a day. That's over 1,000 words a year!
20. If your child has strong opinions on an issue, suggest writing a letter to a public official or the editor of a news outlet.
21. Ask your child, "Do you prefer being alone or being with other people?"
22. Go outdoors together and throw a frisbee or jump rope.
23. Teach your child this three-step process for any job: *Plan, do, finish*.
24. Emphasize the importance of attending every class. Point out that attendance is also important in the working world.
25. Ask your child, "Do you think honesty is always the best policy? Why or why not?"
26. Help your child set priorities when studying. What is most important? Due first? Most difficult?
27. Save your next three grocery receipts. Then, ask your child to calculate the average amount you spent on food.
28. Ask your child to teach you something that was taught in math class recently.
29. Tell your child what life was like when you were in school.
30. Middle schoolers' moods can change frequently. Pick your battles, but make it clear that you won't tolerate disrespect.
31. Talk with your child about a mistake you once made. What did you learn from it?