

# Daily Learning Planner

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

Family and School Partnerships  
Fairfax County Public 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. Challenge your child to list all the planets in order.
- 2. Ask your child, "What assignments from this past school year do you think you'll remember five years from now?"
- 3. Make up trivia questions about your family. Quiz each other at the dinner table.
- 4. Encourage your child to record the highlights of the summer in a journal.
- 5. Ask your child, "What would you like to learn this summer?"
- 6. Spend 20 minutes on DEAR time today (Drop Everything and Read).
- 7. Does your child know how to swim? Sign up for lessons.
- 8. Assume that your child is listening when you speak to others, and avoid making negative comments about your middle schooler.
- 9. Choose a long word and see how many smaller words your child can make from its letters.
- 10. Read nutrition labels with your child. How many servings of chips are in that bag? If your child eats the whole bag, is it a healthy choice?
- 11. Have your child write something creative, such as a story, a poem, a song or even a comic strip.
- 12. Plan a special activity to celebrate the end of the school year. Take your child out for a treat or serve a favorite meal.
- 13. Encourage your middle schooler to do a surprise act of kindness today. Then, ask how it made your child feel.
- 14. Reinforce the fact that setbacks are temporary, and your child can make a fresh start and succeed.
- 15. Give your child a hug today and every day.
- 16. Have your child decorate a shoe box to store summer mementos.
- 17. Help your child research schools that offer the programs or training necessary to enter a career of interest.
- 18. Ask your child, "If you could change one thing about the world, what would it be?"
- 19. Discuss priorities and how your child sets them.
- 20. Encourage interest in math and science by pointing out similarities between your child and role models in those fields.
- 21. Establish summer rules about where your child is allowed to go and when, and be clear that all exceptions must be approved by you.
- 22. Give your child a say about chore assignments. Post a chart as a reminder of responsibilities.
- 23. Start a family journal of highlights and accomplishments.
- 24. Make sure your child drinks plenty of water when working, playing or exercising in summer heat.
- 25. Ask your child to imagine what life would be like if the camera had never been invented.
- 26. Encourage your child to write online reviews for products your family uses. Feedback is a common purpose for writing.
- 27. Have your child note the temperature at the same time each day for a week, then figure out the average temperature.
- 28. Look over your child's summer reading list. Plan to read some of the books yourself.
- 29. With your child, find out the origins of the names of each month.
- 30. Do some storytelling as a family. Middle schoolers love to hear stories about when their parents were kids.