

# Daily Learning Planner

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

Rowan-Salisbury Schools



THE  
**PARENT**  
INSTITUTE®

## February 2025

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

- 1. Tell your child about a time when considering your values helped you make a decision.
- 2. Allow your child time to daydream. It builds imagination and problem-solving skills.
- 3. Make opportunities for your child to write. Have your middle schooler make a grocery list or take notes at a family meeting, for example.
- 4. Resist the urge to argue with an angry middle schooler. Instead, say “You sound upset. When you calm down, we can talk about it.”
- 5. Cut out small paper hearts. Each day, write a reason you love your child on one. Tape them together to make a chain.
- 6. Ask your child to add two four-digit numbers. Can your middle schooler figure the answer on paper before you can with a calculator?
- 7. Have your child keep a study log. Your student can record time spent each day studying each subject. When grades come out, compare.
- 8. Listen to a piece of music that has no lyrics. Have your child write words to the tune.
- 9. Help your child think of tough situations that might come up with friends. How would your student handle them?
- 10. Ask to see your child’s homework. Have your child explain one of the concepts involved.
- 11. Encourage healthy eating. Allow your child to choose a fruit or vegetable at the grocery store.
- 12. Is your child having a problem at school? Discuss things your middle schooler could do to solve it without your help.
- 13. Tonight, leave a valentine where your child will find it in the morning.
- 14. Have each family member prepare one part of a meal, then enjoy it together.
- 15. Is your child’s room messy? Challenge your middle schooler to a 15-minute pickup blitz before doing something relaxing.
- 16. Spend 20 minutes on DEAR time today (Drop Everything and Read).
- 17. Talk to your child about a local issue that you feel strongly about.
- 18. Stay positive when helping with schoolwork, even if your child gets discouraged. Show confidence in your child’s ability to learn.
- 19. Praise something about your child’s behavior today.
- 20. Let your child quiz you about a homework topic. Thinking up questions helps students learn.
- 21. Play a game with your child that uses math skills, such as Monopoly, Yahtzee or Go Fish (for pairs of cards that add up to 10).
- 22. Teach your child to ask *who*, *what*, *when*, *where*, *why* and *how* when doing research.
- 23. Take a walk with your child and use all five senses to observe the world around you.
- 24. Tell your child that when studying history, acting out past events brings lessons to life.
- 25. Have a conversation with your child about what the world would be like if there were no rules.
- 26. Keep a list of your child’s school and extracurricular activities and accomplishments.
- 27. Encourage deeper thinking by asking your child questions like, “Can you give me another example so I can be sure I understand?”
- 28. The next time you purchase something marked “some assembly required,” do the job with your middle schooler.