

Daily Learning Planner

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

Stepney Elementary School
Provided by Title I



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. Help your child set goals for 2025. Set some for yourself, too. Discuss steps you'll each take to reach them.
- 2. Ask your child to plan and schedule a fun family night this month.
- 3. Have your child take a five-minute break after every 30 minutes of homework or studying.
- 4. Make a list of the best times your family had during the last year. Schedule time on the calendar to do some of those activities again.
- 5. Suggest that your child write a letter to a teacher or coach who has been a positive influence.
- 6. Ask your child to brainstorm dinner ideas for the week.
- 7. Invent something with your child.
- 8. Offer praise when your child has studied hard. This encourages your middle schooler to keep it up.
- 9. Help your child rehearse ways to say *no* to things that are against the rules or just feel wrong.
- 10. Post an inspiring quotation where your child will see it.
- 11. Talk with your child about how rights come with responsibilities.
- 12. Visit the library and check out two copies of the same book for you and your child to read and discuss.
- 13. Encourage your child to participate in a volunteer activity.
- 14. Suggest that your child review class notes each evening and draw a picture or diagram to illustrate main ideas.
- 15. Encourage your child to break large tasks into small parts. This makes projects less overwhelming and easier to finish.
- 16. Make up trivia questions about your family. Quiz one another at the dinner table.
- 17. Has it been a challenging week at school for your child? Go out together for a treat.
- 18. Review your family's schedules. Do they reflect your priorities?
- 19. Ask about what your child likes most about this year's classes.
- 20. If your family is making a big purchase, have your child help you research options and make the best choice.
- 21. Make a household rule as a family. Write it down, along with the consequence for breaking it.
- 22. Share strategies with your child about how to remember facts for a test, such as setting them to music or linking them to familiar ideas.
- 23. Call out words from the dictionary during mealtime. Take turns guessing how to spell and define them.
- 24. Avoid using problems with schoolwork as an excuse to criticize or argue with your child about other issues.
- 25. Check on your child's grades. Do they meet your student's expectations and yours?
- 26. Try a new recipe with your child. Cooking is a tasty way for middle schoolers to practice following directions.
- 27. When your child faces challenges, say, "Go for it!" or, "You can do it!"
- 28. Acknowledge your child's feelings, but avoid saying "I know how you feel." Middle schoolers believe their feelings are unique.
- 29. Brainstorm about something with your child. For example, how could your family save money on groceries?
- 30. Have your child do some road math. How long did a car trip take? How many miles were driven? What was your average speed?
- 31. Suggest a few fun, screen-free activities that your child can do alone.