

Daily Learning Planner

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

Theodore High School



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 teen begin to readjust to a school-year sleep schedule.
- 2. Many clubs and activities start before the school year begins. Check with the school for a schedule.
- 3. Get a few postcards from your town. Ask your teen to send them to friends or family.
- 4. Have a device-free day. Read, play games, talk and exercise instead.
- 5. Make a rule: Family members eat at least one meal together every day.
- 6. Have your teen research the best buys on back-to-school items.
- 7. Bake cookies with your teen. If you're doubling a recipe, have your teen do the math.
- 8. Ask your teen to select and read a news article to you. Share opinions about the topic.
- 9. Talk about *trust* with your teen. What makes someone worthy of trust?
- 10. At some time today, exchange notes with your teen instead of talking.
- 11. With your teen, develop a code phrase that means "Come get me now!"
- 12. Talk with your teen about the things you did this summer. What are three things you'll each remember?
- 13. Have a family picnic. Ask your teen to plan and prepare the meal.
- 14. Check to see how families can help out at school in the coming year. Plan to join the parent teacher organization.
- 15. Find a map of Europe from the 1950s. Have your teen compare it to a current map. How many changes can your teen find?
- 16. Find a new way to say "I love you" to your teen—in a foreign language, in sign language or a secret code.
- 17. Does your teen want a part-time job during the school year? Make it clear that schoolwork comes first.
- 18. Any time you see your teen's best effort, that's a success.
- 19. Challenge family members to memorize a short poem to share at dinner.
- 20. Challenge your teen to do something creative for the first time, like writing a song or painting a picture.
- 21. Take your teen out for breakfast or fix a favorite one at home. Enjoy spending time together.
- 22. Tell your teen a story that teaches an important lesson.
- 23. Encourage your teen to keep track of new words and their meanings by making a personal dictionary.
- 24. Do you know who your teen chats with online? Find out.
- 25. Help your teen establish a study area at home.
- 26. Demonstrate responsibility. Show your teen that you fulfill your commitments and obligations.
- 27. Play a game of Scrabble with your teen to build word skills.
- 28. Gain more time with your teen by doing everyday things together, such as washing the dishes.
- 29. Play a radio station you and your teen never listen to. Discuss how you each feel about what you hear.
- 30. Review your family's fall routines for weekday mornings and evenings.
- 31. Write down important school dates on your family calendar. Plan to attend events for families.