

# Daily Learning Planner

Ideas families can use to help students  
do well in school

Rockdale County Public Schools



THE  
**PARENT**  
INSTITUTE®

## April 2026

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

1. Post an inspiring quotation on the mirror your teen uses.
2. Encourage your teen to make healthy choices when packing lunch by providing easy-to-grab options.
3. Ask each family member to memorize a short poem to share at dinner.
4. Have your teen help you prepare your taxes. If your high schooler earned money last year, do your taxes together.
5. Enjoy some outdoor physical activity as a family today.
6. Ask your teen: "What would you do if a friend asked to copy your schoolwork?" Brainstorm possible responses.
7. In the car, challenge your teen to point out driving rules you are following.
8. Now is the time to start thinking about what your teen will do during the summer. Get a job? Volunteer? Go to camp?
9. Share the time-management strategies you use with your teen.
10. During dinner, challenge everyone to think of *palindromes*—words that are spelled the same forward and backward, like *kayak*.
11. Watch a documentary about the arts with your teen.
12. Discuss a current event at dinner. Ask your teen, "What do you think, and what makes you think that?"
13. Notice and talk about the positive qualities of your teen's friends.
14. Have your teen create reference sheets of words that are challenging to spell, math formulas, grammar rules, etc.
15. Ask your teen: "How do you think being a teenager today is different from when I was a teen?" Share your thoughts.
16. Talk about the school issues your teen thinks are most important to students.
17. Find an article you think your teen would enjoy. Leave it by your high schooler's place at the table.
18. Help your teen bake a treat to share with an elderly neighbor or family friend.
19. Design a garden with your teen. Research what type of plants will thrive in your climate and choose them together.
20. Have your teen rank assignments from easiest to hardest, and try tackling the hardest one first.
21. Encourage your teen to alternate tasks if drowsiness strikes while studying. Switching tasks can re-energize your teen.
22. Help your teen make up a rhyming song about study facts.
23. Discuss the importance of being honest with others. Demonstrating honesty lets people know they can trust your teen.
24. Ask your teen to help you figure something out, such as the best place to get a service you need.
25. Teach your teen how to repair something in your home.
26. Have your teen help you organize a room or closet in the house.
27. Start a family book club. Give each person a turn making a selection for everyone to read and discuss.
28. Solve a crossword puzzle with your teen.
29. Help your teen appreciate and value the knowledge gained in classes. Learning is the point of education.
30. Ask which class your teen likes best and why.