

# Daily Learning Planner

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

Gadsden City Schools



THE  
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December • January • February 2023-2024

## December 2023

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

- 1. Look in the newspaper or online for community events that may interest your teen.
- 2. Many teen parties involve alcohol. Talk with your teen about the dangers of underage drinking.
- 3. Help your teen create a résumé. Include part-time jobs and volunteer experiences. Add skills and activities that show responsibility.
- 4. Put your teen in charge of one or two seasonal traditions.
- 5. Ask your teen, "What's the bravest thing you've ever done?"
- 6. Talk with your teen about why you appreciate your education. Or talk about why you wish you'd learned more.
- 7. Show your teen photos of yourself at your teen's age.
- 8. Encourage your teen to spend a few minutes listening to a different style of music.
- 9. Is there a college near your home? Tour the campus with your teen.
- 10. Watch an educational show on TV with your teen.
- 11. Help your teen set homework priorities. Which assignment is the most important? Due first?
- 12. Look over your teen's schoolwork. Give compliments before offering constructive criticism.
- 13. At dinner tonight, have every family member say something nice about each person at the table, including themselves.
- 14. Ask your teen to imagine life 150 years ago. How about 150 years in the future?
- 15. Teens, like adults, feel pressured for time. Talk about how to set priorities and manage time.
- 16. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?
- 17. Ask your teen to tell you how to get from one place to another. Follow the directions together. Are they correct?
- 18. Browse the audiobooks section of your library's website. Have your teen download one to listen to.
- 19. Encourage your teen to write a note to a teacher or coach who has been a positive influence.
- 20. Take turns making statements with your teen. Identify each one as either *fact* or *opinion*.
- 21. If someone asked, "How do you know your parents love you?" what would your teen say? Ask.
- 22. Help your teen bake cookies today. Have your student use math skills to double or halve the recipe.
- 23. Enjoy a healthy snack with your teen.
- 24. Suggest that your teen interview older relatives about their teen years.
- 25. Create a new family tradition. Ask your teen for ideas.
- 26. Ask about the best present your teen ever got. What made it special?
- 27. Read a letter from an advice column aloud. How would your teen solve the problem?
- 28. Ask what your teen would do if offered drugs or alcohol. Role-play ways to say *no*.
- 29. Ask your teen, "What do you feel most confident doing?"
- 30. Do a crossword puzzle with your teen today.
- 31. Teach your teen, "A goal is a dream with a deadline."

# January 2024

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

- 1. Review your calendar. Can you schedule time to volunteer for the school at least once this month?
- 2. If your teen misbehaves, don't decide on a consequence when you are angry. Wait until everyone has calmed down.
- 3. Suggest your teen make an emergency school supply kit.
- 4. Let your teen help you make a family chore chart. Everyone can check off jobs after completing them.
- 5. Agree with your teen on certain days to set aside for family activities.
- 6. Ask who in your family your teen feels most like. What do they have in common?
- 7. Sometimes teens tune out long instructions. Using a single word—"dishes" or "homework"—can get the message across.
- 8. Brainstorm together about the snacks your teen eats. Could your student make some healthier choices?
- 9. Is your teen a new driver? Review the "rules of the road" for driving in wintry conditions.
- 10. Can your teen sew on a button? If not, demonstrate how. It's a basic life skill that everyone should learn.
- 11. Schedule a family meeting. Talk about your family's goals and successes.
- 12. Have your teen figure out the perimeter and area of a room in your home.
- 13. Go window-shopping together. What would your teen buy with \$100?
- 14. Have family members take silly photos of one another. Who can make the funniest face?
- 15. If your teen is struggling in a class, suggest moving to a seat in the front of the classroom.
- 16. Challenge everyone in your family to learn and use one new word every day.
- 17. Talk with your teen about what it means to be a responsible member of a community.
- 18. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 19. Celebrate National Popcorn Day. Pop some popcorn with your teen and just chat.
- 20. Is your teen getting enough exercise? Take a brisk walk together.
- 21. Review your rules. Do they need adjusting now that your teen is older?
- 22. Ask your teen to put gas in the car. Demonstrate how to check the oil.
- 23. Set a timer for five minutes. Sit down with your teen and both of you write as much as you can before the timer goes off.
- 24. Encourage your teen to designate places to keep easily mislaid items, such as keys.
- 25. At dinner, ask family members to share one thing they learned today.
- 26. Ask what *success* means to your teen.
- 27. Charge phones and other devices out of your teen's bedroom at night. Many teens text and check social media when they should be sleeping.
- 28. Talk with your teen about dating and relationships. Share your values and standards.
- 29. Have your teen research an internship that may be of interest.
- 30. Talk with your teen about the risks of *all* tobacco products, including vapes and smokeless tobacco.
- 31. Give your teen a compliment today.

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# February 2024

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

- 1. Encourage your teen to stand up and stretch after every 15 minutes or so of studying. Frequent stretches help teens study more productively.
- 2. The next time you drop your teen off at school for a practice or rehearsal, stay a few minutes and watch if possible.
- 3. Teens know their shortcomings. They need you to remind them of their strengths.
- 4. If your teen has strong opinions on an issue, suggest writing a letter to the editor of a local newspaper.
- 5. Ask your teen, "When you are choosing music to listen to, what is more important to you—the sound or the lyrics?"
- 6. Call out words from the dictionary during breakfast. See who can spell them.
- 7. Tell your teen about something you did in high school that you would do differently now.
- 8. See if you can find someone in a career field that interests your teen. Could your teen interview this person or shadow them at work?
- 9. Ask your teen, "What is one thing you have never done that you would really like to do?"
- 10. Avoid saying, "I know how you feel." Teens believe their feelings are unique.
- 11. Encourage your teen to record "A day in the life of our family." Your student can take video or pictures, or write down notes.
- 12. Mention things you like about your teen's friends.
- 13. Ask what time period in history your teen would like to live in, if it time-travel were possible.
- 14. Encourage your teen to do a good deed for a neighbor or a teacher.
- 15. Help your teen focus on the positive aspects of failure. It teaches what not to do next time.
- 16. Play board or card games as a family tonight.
- 17. Make library trips a regular part of your family's schedule.
- 18. Does your teen have too much free time? Together, look into local volunteer opportunities.
- 19. No assignments? Have your teen use study time to review.
- 20. Challenge your teen to keep track of social media use today and write down how it affects your teen's mood.
- 21. Give your teen this important message: *Not* everyone is sexually active.
- 22. Look for a movie your teen might like that's based on a book. Read the book together before watching the film.
- 23. When your teen is making a decision, discuss the pros and cons of *all* available choices.
- 24. Help your teen sort through souvenirs and other keepsakes. Suggest that your teen make a scrapbook of favorite items.
- 25. Ask your teen to invent a law that should be passed.
- 26. Help your teen use small chunks of time to study or review.
- 27. Give your teen your last five grocery receipts. Ask, "What is the average amount we spend per visit?"
- 28. What country does your teen think it would be fun to visit? Find a book about it and encourage your teen to read it.
- 29. Check with your teen's counselor. Is your student on track to graduate? If not, what does your teen need to do to get there?

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