

Daily Learning Planner

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

Gadsden City Schools



THE
PARENT
INSTITUTE®

June • July • August 2024

June 2024

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

- 1. Help your teen set some specific learning goals for the summer.
- 2. This week, visit a farmer's market with your teen. Enjoy some fresh fruits and vegetables.
- 3. Make it clear that using insulting language is disrespectful and can cause people to think less of your teen.
- 4. Will your teen apply for a summer job? Suggest asking teachers and others now for permission to list them as references.
- 5. Think of a role model your teen admires. Post a picture of that person somewhere in your home.
- 6. Ask family members to write down two positive things about each member of the family. Don't forget to include yourself.
- 7. Does your teen have a summer reading list? Post it and have your teen check off books after reading them.
- 8. Ask your teen to help you organize a room in the house.
- 9. If your teen challenges you, try not to lose your cool. Take a break and talk when you're in control.
- 10. Discuss summer expectations. Your teen should read every day, contribute around the house, exercise and follow basic rules.
- 11. If your teen could meet anyone from the past, who would it be? Why?
- 12. Talk with your teen about what to do in case of a kitchen fire.
- 13. Challenge your teen to figure out how many miles your car can go on a gallon of gas.
- 14. Suggest that your teen pick a new skill or hobby to learn this summer and keep a journal of progress.
- 15. Is your teen registered to vote? Are you? Learn what you have to do to register.
- 16. Encourage your student to rework some old math assignments from time to time this summer to keep skills sharp.
- 17. Shop for healthy snacks with your teen.
- 18. Help your teen make a plan for balancing recreational screen use with plenty of healthy screen-free activities.
- 19. Ask about the best time your teen has ever had with you.
- 20. Thank your teen for doing something helpful today.
- 21. Have your teen play archeologist. What could be said about the people in your home based on things found in it?
- 22. Schedule regular summer trips to the library. Have a box or basket where you keep library books so they won't get lost.
- 23. If your teen acts inappropriately, ask questions like, "What got in the way of doing what you know is right?"
- 24. Try to have a rhyming conversation with your teen. It may be tough at first, but you'll get better!
- 25. Ask your teen, "What about this past school year do you want to do differently next year?"
- 26. Do you know your teen's friends? Make a list of their names and phone numbers to keep on hand.
- 27. Get out a board game or a deck of cards and challenge your teen to a game.
- 28. Teach your teen that asking for help when it's needed is a sign of strength.
- 29. Help your teen organize a book swap with friends.
- 30. "Because I said so!" is frustrating for teens to hear. Explain your reasoning.

July 2024

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- 1. Ask if your teen has made any new friends lately. If not, brainstorm together about ways to do it.
- 2. Limit drinks with caffeine at night. They can deprive your teen of sleep.
- 3. Enrich vocabulary by using new words in conversation with your teen. Curiosity may lead your student to the dictionary.
- 4. Read the *Declaration of Independence* with your teen today. Talk about why it was written.
- 5. Ask your teen, "What does *smart* mean to you?"
- 6. Ask your teen to find an event at a bookstore or library that sounds interesting. Make plans to go together.
- 7. Could your teen start a business providing a service, such as dog walking or lawn mowing? Help your student make a business plan.
- 8. Will your teen need a medical checkup before school resumes? Make an appointment today.
- 9. Ask your teen to name three favorite books. Read one of them.
- 10. Name a location anywhere in the world. With your teen, take turns telling one thing you would like to see there.
- 11. Set consequences with the goal of teaching, rather than punishing.
- 12. Take time to listen to your teen today.
- 13. Recommend mood check-ups during screen use. If your teen feels sad, angry, envious or disappointed, it's a cue to switch to an offline activity.
- 14. Ask your teen to brainstorm dinner ideas for next week.
- 15. Does your teen know the names of your local government officials? If not, help your student learn them.
- 16. As you drive, talk about traffic safety with your teen.
- 17. Have your teen pick a stock and pretend to invest in it, then follow its progress over time.
- 18. Research shows teens are more likely to try drugs and alcohol over the summer. Make it clear you expect your teen to stay clean and sober.
- 19. Ask your teen to help you figure something out, such as the best place to get a service you need, or where to go for a fun, free family outing.
- 20. Is your teen turning into a summer couch potato? Suggest some outdoor activities.
- 21. When safety allows, replace phrases like "It won't work" with "Why not try it?"
- 22. Encourage your teen to read aloud to you.
- 23. Start a household project with your teen that involves a learning skill, such as budgeting, time management or organization.
- 24. Is your teen starting a new school this year? Call to arrange for a tour before school starts.
- 25. Make a copy of a crossword puzzle and race your teen to see who can complete it first.
- 26. Talk about times when choosing to do the right thing isn't easy. Explain that choosing the harder option now usually makes things easier later.
- 27. Have your teen teach you how to do something new on the computer.
- 28. Take a walk with your teen and use all five senses to observe the world around you.
- 29. Praise your teen for tackling challenges, not just for doing well.
- 30. Check your teen's summer reading list. Is your teen making progress?
- 31. Ask what your teen wants to accomplish in the school year ahead.

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August 2024

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- 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.

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