

Daily Learning Planner

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

Gadsden City Schools



THE
PARENT
INSTITUTE®

December • January • February 2025-2026

December 2025

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

- 1. Many college applications are due next month. Check to be sure your senior is making progress toward completing them.
- 2. If your teen has a decision to make, suggest listing every option, then writing down the pros and cons of each one.
- 3. Take turns making statements with your teen. Identify each as either *fact* or *opinion*.
- 4. Say something positive about your teen to another person—and let your high schooler overhear you.
- 5. Some teen parties involve alcohol. Talk with hosts' families to make sure no alcohol will be available before allowing your teen to attend.
- 6. Find a map of Europe from the 1950s. Have your teen compare it to a current map. How many changes can the two of you find?
- 7. Enjoy an outdoor activity with your teen.
- 8. When your teen tells you something important, repeat it aloud to confirm your understanding.
- 9. Ask what your teen thinks of each class at school.
- 10. Encourage your teen to do a good deed for a neighbor or a teacher.
- 11. Offer to help your teen review for a test. Call out vocabulary words or time your teen taking a practice test.
- 12. Urge your teen to focus on personal successes instead of making comparisons to others' lives.
- 13. Look for a community service project to do as a family.
- 14. Set aside some time to spend one-on-one with your teen today.
- 15. Have your teen look online for free audiobooks to listen to in the car.
- 16. Encourage your teen to write a letter or postcard to an older relative.
- 17. Suggest keeping a checklist in your teen's planner as a reminder to take home books, folders and other supplies needed for assignments.
- 18. Bow out of power struggles. Instead, when safe to do so, let your teen experience the consequences of personal choices.
- 19. Encourage your teen to use big colorful letters to write a math formula. This can make it easier to create a mental image of it.
- 20. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?
- 21. What is the coldest place in the nation today? The warmest? Have your teen calculate the difference between the two temperatures.
- 22. Ask your teen: "Is honesty always the best policy? Why or why not?"
- 23. Talk with your teen about the dangers of opioid use.
- 24. Put your teen in charge of taking photos during a family event.
- 25. During dinner, have each family member say something nice about every person at the table.
- 26. Ask your teen: "What is the best gift you ever got? What made it special?"
- 27. Pretend you are tourists in your town. Visit local attractions together.
- 28. Encourage your teen to visit the library's website and find a free ebook to download and read.
- 29. Have your teen review your family's digital services and subscriptions, then look for ways to save money.
- 30. Talk together about things your family did in 2025. Which did your teen enjoy the most?
- 31. Have a conversation about what your teen learned in 2025.

January 2026

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 goals for this year. Post them in a visible location.
- 2. Plan a weekend family activity. Let your teen invite a friend.
- 3. Ask your teen: "What punishment have you received that you thought was unfair? Why did you feel that way?"
- 4. If your teen wants a part-time job, agree on the number of hours per week and rules for working on school nights.
- 5. Smile when you see your teen today.
- 6. Make an effort to "listen" to your teen's body language. Teens often tell you as much through behavior as through words.
- 7. Suggest that your high schooler practice writing by posting an online review of a product your family recently purchased.
- 8. Promote healthy risk-taking to boost confidence. Applaud your teen for tackling a new challenge.
- 9. Offer your teen a shoulder to lean on after a busy or challenging day.
- 10. Is there a college nearby? Walk around the campus with your teen.
- 11. Watch TV with your teen. Discuss characters' choices and consequences.
- 12. Vaping is unsafe for teens. Together, search online for facts about it.
- 13. With your teen, brainstorm ways your family could lower utility bills.
- 14. Ask your teen to draw you a diagram of something the class is learning.
- 15. Have your teen research the answer to an interesting question, such as "Why do July and August each have 31 days?"
- 16. Learn about upcoming events for families at school. Make plans to attend at least one.
- 17. Ask what your teen is thankful for today.
- 18. Before your teen goes out, ask "Where will you be?" and "Who will be with you?" Knowing plans lets you head off trouble before it starts.
- 19. If your teen is interested in a job that doesn't require a four-year college degree, talk about what training it does require.
- 20. Get your teen's input on decisions about allowance, curfews and other family rules.
- 21. Challenge everyone in your family to learn and use a new word a day.
- 22. Index cards are great for studying. Students have room to write down only the most important points.
- 23. Have your teen pick three interesting places to visit within driving distance. Make plans to do so.
- 24. Go for a winter nature walk as a family. See how many plants and animals you can identify.
- 25. Watch a funny movie and relax with your teen.
- 26. While shopping, have your teen handle the transaction using cash, look over the receipt and check the change.
- 27. Tell your teen that maintaining a strong attendance habit in school helps prepare students for the job market.
- 28. Talk about the ads when you watch shows with your teen. How are they trying to persuade viewers?
- 29. If your teen is saving for a special purchase, suggest keeping a picture of the item handy to prevent impulse spending.
- 30. List three of your teen's successes last week. List three of your own. Post the lists where you can both see them.
- 31. Look through old family photos with your teen and tell family stories.

Copyright © 2025 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by Parents *still* make the difference!® and Helping Students Learn® newsletters • 1-800-756-5525

February 2026

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

- 1. Ask your teen: "What would you do if someone offered you drugs or alcohol?" Role-play different ways to say *no*.
- 2. Encourage your teen to look up definitions of unfamiliar terms in the weather forecast, such as *dew point* or *snow squall*.
- 3. Who does your teen admire? Suggest writing a letter to that person.
- 4. To promote saving, consider matching your teen's savings with an equal contribution.
- 5. During an argument, switch places with your teen. Each of you present the other person's point of view.
- 6. Make sure your teen is keeping a record of academic and extracurricular participation and accomplishments.
- 7. Announce a family tech cleanup day. Everyone clears out their email inboxes and spam folders.
- 8. Take your teen out for breakfast, or serve a favorite breakfast at home.
- 9. Talk about your own day in as much detail as you'd like to hear about your teen's day.
- 10. Watch the news with your teen. Choose one story and compare it with a news article on the same topic.
- 11. Tell your teen about something you did in high school that you would do differently now.
- 12. Remind your teen to choose friends of strong character. Give an example from your own life.
- 13. Share this fact with your teen: Students remember more after two short study sessions than one long session.
- 14. Tell your teen to keep a notebook handy when reading. It's ideal for writing down unknown words to look up later.
- 15. Each time your teen studies, suggest jotting down at least one question to ask in class.
- 16. In the car, talk to your teen about safe driving practices, like turning on headlights while using windshield wipers.
- 17. Call out words from a dictionary during breakfast. See who can spell them correctly.
- 18. Tell your teen: "I know you can learn and succeed in school." Teens tend to live up to family expectations.
- 19. Talk together about your teen's plans for after graduation.
- 20. Share this fact with your teen: One of the best ways to prepare for success in college is to read every day.
- 21. Visit the public library with your teen. Recommend a book that you enjoyed when you were in high school.
- 22. Teach your teen to cook a favorite family recipe or choose a new one to cook together.
- 23. Suggest that your teen sort through saved treasures and make a scrapbook of items that inspire happy feelings.
- 24. Share one of your values with your teen. Family opinions do matter to high schoolers.
- 25. Go for a short walk with your teen. Stop and close your eyes—what do you hear?
- 26. Point out your teen's strengths. Teens already know their shortcomings.
- 27. Make a family pledge: Everyone reads for at least 20 minutes a day.
- 28. Ask your teen to plan healthy family dinners for the first week of March, and make a list of needed ingredients.

Copyright © 2025 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by Parents *still* make the difference!® and Helping Students Learn® newsletters • 1-800-756-5525