

Daily Learning Planner

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

Gadsden City Schools



THE
PARENT
INSTITUTE®

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March 2026

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

1. Talk with your teen about everyday strategies you use to save money—buying in bulk, using coupons, comparing prices at different stores, etc.
2. Encourage your teen to take responsibility for schoolwork. Give only one reminder about assignments that are due.
3. Ask your teen, “What do you think you will be like when you are 25 years old?”
4. Encourage your teen to review class notes every day. It’s easier to clarify and study them while the class material is fresh in mind.
5. Encourage your teen to visit the school’s career center.
6. The next time you’re upset with your teen, start a sentence with “I love you” and don’t say “but”
7. Help your teen find opportunities to volunteer in your community.
8. Take a walk with your teen. Look for signs of spring.
9. Help your teen open up a checking account.
10. Talk together about the trusted adults your teen can go to for advice.
11. Show your teen that responsible people live up to commitments. Keep the promises you make to your teen.
12. Ask your teen: “What is one way you have become a stronger writer this year? What’s another writing skill you’d like to improve?”
13. Have your teen estimate how many bowls of cereal can be poured from one box. Keep track until the box is empty.
14. Help your teen brainstorm ways to make new friends at school—joining a club, saying hi to new people, discussing classes, etc.
15. Challenge your teen to give someone a compliment today.
16. Ask what your teen likes best about school life.
17. Encourage your teen to find your house on Google Earth. What places in the world are at the same latitude? Longitude?
18. Talk with your teen of the long-term benefits of school achievement.
19. If your teen is faced with a big decision, talk about it within the context of your family’s values.
20. Have everyone in the family spend 15 minutes cleaning up the house. Many hands make light work.
21. Explore the public library’s local history section with your teen.
22. At the market, choose a food that is new to your family. Ask your teen to help you prepare it.
23. Read a favorite children’s book with your teen. There are still lessons to be learned.
24. Invite your teen to run an errand with you. Use travel time to talk.
25. Have a discussion with your teen about ways each of you could improve your listening skills.
26. Ask your teen: “If you could trade lives with somebody you know, who would it be? Why?”
27. Challenge your teen to walk someplace instead of driving.
28. Encourage your teen to interview older relatives about their lives.
29. Does your teen dawdle while doing schoolwork? Suggest setting a timer to stay on track.
30. Have your teen search online for science experiments that can be done at home and pick one to try.
31. Today, mention something specific you appreciate about your teen.

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.

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May 2026

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

1. Choose an activity your teen loves and try it together this week.
2. Many teens spend little to no time reading for pleasure. Help your teen find a book to read for fun this month.
3. Discuss an issue your teen cares about deeply. Listen carefully to your teen's opinion before stating your own.
4. Does your teen have final exams coming up? Suggest creating a study schedule.
5. Think of a skill you and your teen can learn together over the summer.
6. Plan a special activity together to celebrate the end of the school year.
7. Suggest writing a thank-you note to someone who has had a positive influence on your teen's life.
8. Does your teen object to a family rule? Hold a friendly debate where you each get three minutes to state your case.
9. Look at pictures of athletes from various sports with your teen. Discuss the wide variety of healthy body types.
10. Let your teen create the family's grocery shopping list for the week—within a budget you set.
11. Skim over one of your teen's completed assignments. Ask questions to help your high schooler review.
12. Spend a few minutes talking with your teen at bedtime. Mention something your teen has done well.
13. Ask what your teen thinks it means to have *integrity*?
14. Help your teen understand interest. Together, calculate what something would really cost if you used a loan to buy it.
15. Have a geography challenge at dinner. Who can name more countries in Asia?
16. Eliminate pessimistic phrases. When it's safe to do so, replace "It won't work" with "Why not try it?"
17. Suggest that your teen write about memories of elementary school friendships.
18. Don't say, "I know how you feel." Teens believe their feelings are unique.
19. Make a family commitment to read for at least 20 minutes a day.
20. Learn a new word at breakfast. Challenge family members to use it three times during the day.
21. Have your teen find out about summer assignments and get clarification now if anything is confusing.
22. Keep talking about school. Every day, ask how your teen is doing and feeling.
23. Go for a nature walk in the park with your teen. Use a guidebook or an app to identify as many flowers, birds, trees and insects as you can.
24. Give your teen a hug today.
25. Talk with your teen about each other's plans for the day.
26. Tell your teen about a mistake you made and what you learned from it.
27. Ask your teen to convert the miles traveled today into kilometers.
28. Choose a number from one to 12, then have your teen list as many things as possible that come in that number.
29. Listen to your teen's music and discuss the lyrics together.
30. Have a device-free evening. Read books as a family instead.
31. Tell your teen, "I believe in you, and I know you can succeed in school." Family expectations make a difference.

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