

# Daily Learning Planner

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

Gadsden City Schools



THE  
**PARENT**  
INSTITUTE®

**March • April • May 2026**

## March 2026

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

1. Sometime today, exchange notes with your child instead of talking.
2. Tell your child a story about a positive way you resolved a conflict.
3. Encourage your child to make an audio or video recording of important ideas from a chapter or unit and play it back to study.
4. Ask your middle schooler to keep a TV/video log. Your child can record shows watched and personal opinions of them.
5. Comment on a positive quality that makes your child special.
6. Set an example for your child. Admit when you are wrong and apologize.
7. Call out words from a thesaurus at dinner. Take turns naming synonyms.
8. Remind your child that social media posts rarely give a complete, realistic picture of someone's life.
9. Tell your child a joke today.
10. Suggest that your child write about situations that cause strong emotions in a diary and list appropriate ways to handle them.
11. Ask your child to imagine life 150 years ago and 150 years in the future.
12. Have your child compare nutrition labels for different brands of a packaged food, such as cereal. Which has the most vitamins?
13. Give your child a say in a family decision: which movie to watch, what kind of pizza to order or which gift to buy.
14. Challenge your child to solve math problems with a personal slant, such as "How many hours old are you?"
15. Ask your child to teach you how to play a favorite game.
16. Today, talk to your child as you would to a friend or coworker. How does your child respond?
17. Discuss your family's values and how you expect your child's behavior to reflect those values.
18. By providing privacy, families demonstrate respect for children. Knock before entering your child's room.
19. Challenge family members to learn and use three new words a day. That's over 1,000 words a year!
20. If your child has strong opinions on an issue, suggest writing a letter to a public official or the editor of a news outlet.
21. Ask your child, "Do you prefer being alone or being with other people?"
22. Go outdoors together and throw a frisbee or jump rope.
23. Teach your child this three-step process for any job: *Plan, do, finish*.
24. Emphasize the importance of attending every class. Point out that attendance is also important in the working world.
25. Ask your child, "Do you think honesty is always the best policy? Why or why not?"
26. Help your child set priorities when studying. What is most important? Due first? Most difficult?
27. Save your next three grocery receipts. Then, ask your child to calculate the average amount you spent on food.
28. Ask your child to teach you something that was taught in math class recently.
29. Tell your child what life was like when you were in school.
30. Middle schoolers' moods can change frequently. Pick your battles, but make it clear that you won't tolerate disrespect.
31. Talk with your child about a mistake you once made. What did you learn from it?

# April 2026

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1. Exchange persuasive letters with your child. Try to convince each other of something.
2. Have your child time how long a car trip takes and record how many miles you drove. Then ask, "What was our average speed?"
3. Teach your child a saying, like, "If you fail to plan, you plan to fail."
4. Encourage your child to find ways to volunteer. It's a good way to contribute to the community while learning new skills.
5. Accept no excuses from your child for tardiness, skipping class or missing school.
6. When giving your middle schooler instructions, consider texting them. This creates a written record your child can refer to.
7. Suggest reading a biography together of a person your child admires.
8. Children learn from adults' actions more than their words. Look for ways to set a positive example.
9. Take a compass on a drive. Can your child use it to tell the direction you're going?
10. Make an appointment with your child to do something fun together. Write it on your calendar.
11. Visit the library. Encourage your child to try a new book genre.
12. At breakfast, challenge your child to be on the lookout for fractions everywhere today. At dinner, ask where your child spotted fractions.
13. Offer a reminder: Your child doesn't have to *like* a teacher to *learn* from that teacher.
14. Check on your child's grades. If necessary, discuss a plan for raising them before the year ends.
15. Ask your child to guess the purpose of a school assignment. Knowing why something is useful can be motivating.
16. When you have a conversation with your child, try to avoid talking for more than 30 seconds at a time before letting your child speak.
17. Eat breakfast with your child before school. Talk about what you each think the day will be like.
18. Review what your child should do in the event of a weather emergency, such as a tornado or flood warning.
19. Ask your child, "What are you most confident about doing?"
20. Talk with your child about what makes a rewarding friendship.
21. Ask your child questions about books, such as, "What would you do in that character's situation?"
22. Play a word game with your child, such as Scrabble.
23. Spend some extra time with your child today.
24. Keep a world map or globe visible in your home. Together, locate places that are mentioned in the news.
25. See how many words your child can think of that sound alike but mean different things, such as *tail* and *tale* or *coward* and *covered*.
26. Listen to your child's concerns, but discourage repetitive whining.
27. Ask your child to do a household task involving math, such as doubling a recipe or calculating the amount of paint needed for a room.
28. Encourage your child to keep a notebook handy when reading and use it to jot down unfamiliar words to look up later.
29. Discuss your child's goals for high school.
30. Help your child talk with a college student about campus life.

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# May 2026

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1. Ask your child to help you figure out a way to make a favorite family recipe healthier.
2. Have your child find out which classes will have final exams, then create a schedule for reviewing that begins now.
3. Give your child a sales receipt. Ask, "What would the total have been with a 6% sales tax rate? A 7% rate?"
4. Ask your child, "If you could meet anyone from the past, who would it be? What questions would you ask?"
5. When your child overreacts to a situation, set a time to talk later when you both are in control of your emotions.
6. Offer encouragement when your child faces challenges. Say, "Go for it!" or, "You can do it!"
7. Have your child give you examples of a *complete sentence*, an *incomplete sentence* and a *run-on sentence*.
8. Play a strategy game with your child, such as chess, checkers or dominoes.
9. Visit an outdoor site with your child today, such as a garden or a park.
10. Have your child brainstorm healthy dinner ideas for the week.
11. Ask what your child thinks it means to be a leader.
12. Read a textbook assignment with your child. Then, close the book and see if your middle schooler can summarize it.
13. Brainstorm together about changes your child can make if feeling overloaded.
14. Practice the art of compromise. Negotiate with your child about something you can be flexible about.
15. Establish rules for household appliance use when you are not there.
16. Teach your child how to cook a favorite dish.
17. Have family members take photos of each other. Who can make the funniest face?
18. Read a review of an age-appropriate movie with your child. Suggest watching it together.
19. Do everyday things with your child, such as washing dishes, to gain more time together.
20. Ask your child's advice on a problem you are facing.
21. Give your child a news article to read. Ask if the headline accurately summarizes the story.
22. With your child, visit a college website and take a virtual tour.
23. Visit the library. Look for book you loved at your child's age. Offer to read it again if your child reads it, too.
24. Ask your child to plan a fun family night.
25. If your child could learn anything this summer, what would it be? Think about ways to make that possible.
26. When your child tells you something important, restate it to verify your understanding.
27. Have your child do research and find a new sport to try.
28. Give your child a compliment for doing something kind today.
29. Ask your child to match items on your grocery list to coupons and calculate how much you can save.
30. Keep a bowl of crunchy sliced vegetables in the refrigerator. If you make it easy, your child may eat more healthy foods.
31. Encourage your child to be active this summer.

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