

# Daily Learning Planner

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

Gadsden City Schools



THE  
**PARENT**  
INSTITUTE®

**June • July • August 2026**

## June 2026

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

1. Take books and flashlights outside. Read under the stars with your teen.
2. Ask your teen, "What assignments from this school year do you think you will remember five years from today?"
3. Encourage your teen to do mood check-ups when going online. Feeling sad, angry or envious is a cue to switch to a screen-free activity.
4. Will your teen be applying for a summer job? Now is a good time to ask teachers and others for permission to list them as references.
5. Many students host end-of-school-parties. If your teen will be, limit the guest list. Be present. Walk through the party occasionally, offering snacks.
6. Ask your teen to guess which nutrients are in a packaged food, then check the label to find out.
7. Together, choose your teen's five best writing samples. Suggest that your student search online for a teen writing contest to enter and send one in.
8. Go on a walk with your teen to take photographs. Choose a theme, such as a color, shadows or a number.
9. Laugh with your teen about a mistake you made.
10. Post your teen's summer reading list in a visible spot. Your high schooler can check off each book after finishing it.
11. Let your teen pick three free or low-cost places within driving distance for your family to visit this summer. Make plans to do so.
12. Help your teen create a résumé or update an old one. It should include volunteer jobs and workplace skills learned at school, such as coding.
13. Turn off digital devices tonight. Read aloud as a family instead.
14. Talk about skills your teen has improved by putting in effort and practice. Praise your teen's determination.
15. Make it a summer rule that your family eats at least one meal together every day.
16. Read an editorial with your teen. Discuss whether you agree with the opinions stated.
17. Make it a point to know where your teen is going and with whom.
18. Decide on educational goals your whole family can pursue this summer.
19. Work on a hobby with your teen.
20. Make sure your teen does some kind of exercise every day this summer.
21. Talk with your teen about the positive and negative aspects of stress.
22. Have your teen find a star chart in a book or download a stargazing app. Go outside together after dark—how many constellations can you spot?
23. Ask your teen, "Are there any questions you would like to ask me?"
24. Teach your teen a basic kitchen skill like chopping an onion or making hard-boiled eggs.
25. Ask your teen, "What is one of the best times we have ever had together?"
26. Let your teen help you make a family chore chart. Everyone can check off jobs as they complete them.
27. Take your teen to the library. Check out two copies of the same book so you can read and discuss it together.
28. Suggest your teen start a scrapbook to document highlights of summer vacation.
29. What would your teen's dream house be like? Encourage your student to write about it and include as many details as possible.
30. Together, make a plan for redecorating or rearranging your teen's room.

# July 2026

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1. Learn about community events in your area this summer. Are there any free concerts you and your teen might enjoy? Make plans to attend one.
2. Offer a compliment about one thing your teen is doing well this summer.
3. Challenge your teen to match every hour of recreational screen time with an hour of device-free time outdoors.
4. Encourage your teen to pick a hobby or skill to learn this summer and keep track of progress in a journal.
5. Take a hike with your teen today. How many trees can you identify using a guidebook or phone app?
6. This evening, tell a story about yourself when you were your teen's age.
7. Encourage your teen to be a humble winner and a gracious loser.
8. Review essential workplace skills with your teen, such as arriving on time, taking direction and interacting politely with customers and coworkers.
9. Admit your mistakes and apologize to your teen when you're wrong.
10. Ask your teen to name five favorite books. Read one of them, then discuss it together over a meal.
11. Avoid power struggles. Let your teen experience the consequences of personal choices when it is safe to do so.
12. Go on a family picnic. Ask your teen to plan and prepare the meal.
13. Suggest that your teen set deadlines for making decisions. "I'm going to decide what to do by dinner tonight."
14. Help your teen research careers that sound interesting. What skills or education are required for entry-level jobs?
15. Will your teen need a medical checkup before school? Make an appointment today.
16. Remind your teen that nothing replaces sleep. Vitamins, pills and caffeine are not substitutes.
17. Encourage your teen to think like an archeologist. What might one say about the people in your house based on what's found there?
18. Is your teen getting bored? See if your library needs volunteers. Your teen can check with other community organizations, too.
19. Recruit your teen's help in researching your family's ancestry.
20. Put family members' names in a hat. Have everyone draw a name and secretly do a kind deed for that person today.
21. Ask your teen to define success. Explain how you define it.
22. Be tourists in your own town. Visit a local historic site with your teen.
23. Post a picture in your home of a role model your teen admires.
24. At the grocery store, talk with your teen about the choices you make to save money.
25. As a family, pick up trash around your neighborhood.
26. Prepare an old family recipe with your teen. Tell stories about the memories it brings to mind. Or, pick a new recipe to try together.
27. If your teen thinks reading is boring, suggest trying something funny. Ask a librarian for suggestions.
28. Talk to your teen about the first job you ever held. What did you learn?
29. Take a family walk after dark to look at tonight's full moon.
30. Have your teen list priorities. Does your high schooler's schedule reflect what's most important?
31. What classes will your teen take in the fall? Suggest doing research to find an interesting fact about one of the subjects.

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# August 2026

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

1. Show your teen how to use a picnic grill safely.
2. Have your teen take stock of basic school supplies like pens, pencils and paper and make a list of what's needed to be ready for school.
3. Look for a movie that's based on a book. Read the book with your teen before seeing the film.
4. Ask for your teen's thoughts about education or a career after high school. Listen and ask follow-up questions.
5. Use new words in conversation to help your teen increase vocabulary. Curiosity may lead your student to the dictionary.
6. Challenge your teen to invent a new sandwich recipe that doesn't use bread.
7. Encourage your teen to invite a school friend over for dinner.
8. Work with your teen on a small home-improvement project that involves math skills like measuring or calculating.
9. Let your teen make a decision for your family today, such as whether to eat dinner inside or outside.
10. Suggest that your teen experiment with origami. Your high schooler can find instructions in a library book or online.
11. Ask if your teen has made any new friends lately.
12. Pick a novel to enjoy as a family. Take turns reading chapters aloud.
13. Help your teen find a well-lit study area and a place to keep supplies for the coming school year.
14. Give your teen opportunities to research and learn, such as by comparing brands of products your family uses.
15. Ask your teen to help you organize your kitchen cabinets. Discuss why it makes sense for certain things to go in certain places.
16. Is your teen getting enough exercise? Take a brisk walk together today.
17. Take your teen to work with you, if possible. Demonstrate various tasks you perform.
18. If your teen has a part-time job, insist on saving some earnings for post-secondary education or other future plans.
19. Encourage your teen to tackle healthy challenges in the coming school year, like taking a difficult course or trying to meet new people.
20. Write upcoming school events on your family calendar. Make plans to attend as many as you can.
21. Go window shopping—just to look, not to buy—with your teen. You may learn things about each other.
22. Give your teen a planner to keep track of school assignments, activities and commitments.
23. Talk about the school year ahead. What does your teen want to achieve?
24. Encourage your teen to send a postcard of a summer activity to a friend or relative.
25. Have your teen look at a restaurant menu and calculate the cost of a meal, plus tip.
26. Challenge your teen to learn a magic trick and perform it for your family.
27. Encourage your teen to participate in an extracurricular activity related to a personal interest.
28. Start having weekly family meetings. Talk about family plans and news.
29. Help your teen develop a list of abbreviations to use when taking notes.
30. Watch a TV game show together. Play along and keep score.
31. Ask your teen, "What one thing would you like to do differently in school this year?"

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