

Daily Learning Planner

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

Prairie Heights Middle School



THE
PARENT
INSTITUTE®

November 2023

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

- ☐ 1. Discuss recent world events at dinner tonight.
- ☐ 2. Avoid interrupting during your child's study time. But let your child plan a five-minute break after every 30 minutes of working.
- ☐ 3. Give your child some graph paper to use in math class. It helps students keep columns of numbers straight.
- ☐ 4. Visit the library with your child. Check out some books to read over the weekend.
- ☐ 5. Teach your child a life skill, such as how to do laundry. Feeling competent boosts confidence.
- ☐ 6. Today, ask for a lesson in something your child is studying. Teaching others is an effective way to reinforce learning.
- ☐ 7. Play a memory game with your child. Try to remember things you each did the day before yesterday.
- ☐ 8. With your child, learn how to count to 10 in at least three different languages.
- ☐ 9. Practice estimating together. How many paper clips will fit in your child's hand? How long a chain will they make?
- ☐ 10. Ask your child to plan and schedule a fun family evening.
- ☐ 11. It's Veterans Day in the U.S. and Remembrance Day in Canada. Talk with your child about showing respect for veterans.
- ☐ 12. When your child tells you something important, repeat it to make sure you understand.
- ☐ 13. Say, "I love you" to your child at least twice a day. Before school and at bedtime are good times.
- ☐ 14. When it's time to study for a test, have your middle schooler start reviewing at a different place in the notes every time.
- ☐ 15. Challenge your child to run a 30-yard dash. Time the run and ask your child to keep practicing to improve the time.
- ☐ 16. Avoid focusing so much on grades that your child feels the need to cheat.
- ☐ 17. Ask what your child thinks high school will be like.
- ☐ 18. Bake cookies together. Ask your child to calculate how much of each ingredient you would need if you doubled or halved the recipe.
- ☐ 19. Take a walk on a clear night and look at the sky. Can your child pick out any constellations?
- ☐ 20. Notice things that cause your child stress. Discuss ways to handle them.
- ☐ 21. Make eye contact when listening and talking to your child.
- ☐ 22. Have everyone write down two positive things about each member of the family. Don't forget to include yourself.
- ☐ 23. Tell your child a family story. Try to think of one that teaches a lesson about gratitude.
- ☐ 24. Ask your child to teach you a math concept from the current unit.
- ☐ 25. Make a list of healthy breakfast-on-the-go foods your child can grab on the way out the door.
- ☐ 26. Find a meaningful quotation you love. Post it where your child will see it.
- ☐ 27. Ask your child, "How is school going outside of classes?"
- ☐ 28. Start a list of places you and your middle schooler would like to visit. Have your child collect information about these places.
- ☐ 29. Ask how your child decides who to become friends with.
- ☐ 30. Remember that children learn from your actions more than your words. Focus on setting a good example.