

Daily Learning Planner

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

Prairie Heights Middle School



THE
PARENT
INSTITUTE®

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

- 1. Ask how your child feels the school year is going so far.
- 2. Today, have your child tackle the most challenging assignment first. Tomorrow, your child can do the easiest first. Which way works best?
- 3. Make a "school project kit" with your child. This can prevent last minute shopping trips for supplies.
- 4. Have your child solve silly math problems, such as "How many hours until your birthday?"
- 5. Help your middle schooler make a to-do list. After completing an item, your child should check it off.
- 6. Give your child a new responsibility. Say that you are proud of your child for being mature enough to handle it.
- 7. Create a screen media log. Have your student write down shows and movies watched and games played, and add opinions about them.
- 8. Encourage daily exercise. Physical activity can improve your child's mood and boost brainpower.
- 9. Discuss your child's most challenging subject. What could your student do to make it easier? How can you help?
- 10. Mention how something you studied in school has helped you in your life.
- 11. Ask your child to tell you the difference between *wanting* something and *needing* something.
- 12. Respond to misbehavior with consequences that teach rather than punish.
- 13. Take advantage of time alone in the car with your child. You can talk privately without interruption.
- 14. Tell your child, "I believe you will do well in school." Your confidence can help motivate your student.
- 15. Have family members create collages from magazine or catalog pictures. Then see if everyone can guess who created which one.
- 16. It's National School Bus Safety Week. Review safety rules together.
- 17. Talk with your child about how each of you could improve your listening skills.
- 18. Limit drinks that contain caffeine. They can deprive your child of needed sleep.
- 19. Teach your child a game involving strategy, such as chess.
- 20. Show your child how to divide large assignments into small parts.
- 21. Take a compass (or a compass app) along on a walk. Let your child keep track of which direction you're going.
- 22. Ask your child to brainstorm dinner ideas for the week.
- 23. Learn a magic trick with your child.
- 24. Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.
- 25. Try something new with your child. Taste a new food. Listen to a new type of music. Visit a new place.
- 26. Suggest your child use self-stick notes to write down things to remember.
- 27. Give a genuine compliment before your child leaves for school today. "You worked hard on that assignment. You're really prepared!"
- 28. Let your child invite a friend to join your family for a weekend activity.
- 29. Help your child see mistakes as learning opportunities.
- 30. Fitting in is crucial to middle schoolers. Minimize battles over clothes and hair.
- 31. Help your child make a savings plan for a special purchase.