

Daily Learning Planner

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

Alachua County School Board



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. Plan to get some exercise with your child every day this month.
- 2. Ask your child which class has turned out to be more interesting than expected. What makes it interesting?
- 3. Who does your child admire? Suggest that your student write a letter to that person.
- 4. Set a technology curfew. Digital devices must be turned off for the night at a certain time.
- 5. Together, make a time capsule of family mementos. Plan to open it in five years.
- 6. Look for quotations that will motivate your child. Post them on the bathroom mirror.
- 7. Encourage your child to study a foreign language.
- 8. What are your child's special interests? Together, look in the library catalog for books and magazines about these topics. Check some out.
- 9. Try an unusual-looking fruit or vegetable with your child.
- 10. Remind your child how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 11. Do you compliment your child more than you criticize? Strive to make compliments outweigh criticisms three to one.
- 12. Consider setting a minimum study time. This can prevent rushing through assignments.
- 13. Issue a challenge: Can your child add two four-digit numbers on paper before you can do it with a calculator?
- 14. Does your middle schooler need more responsibility? More time to talk? More privacy? Ask what your child thinks.
- 15. Teach your child a game involving strategy, such as chess.
- 16. Encourage your child to find out when teachers are available to answer questions or give extra help.
- 17. Does your child hate to lose? Make it clear that effort is more important than winning.
- 18. Remember that the key to getting your child's respect is showing your child respect.
- 19. Discuss the importance of laws with your child. What if there were none? What happens if they are ignored?
- 20. Spend a few minutes talking with your child at bedtime. This is a relaxing time for conversation.
- 21. Discuss a controversial issue with your child. Ask, "What do you think?"
- 22. Take a walk with your child and use all five senses to observe the world around you.
- 23. Play board or card games as a family tonight.
- 24. Call out words from the dictionary during dinner. Take turns trying to spell or define them.
- 25. Talk about important health topics with your child, such as sex and substance abuse.
- 26. Getting kids to talk can be hard. It helps to ask specific questions.
- 27. When your child is studying for a test, set a timer for 10 minutes. Many short reviews are better than one long one.
- 28. Encourage your child to read during quiet times at home. Before bed is a perfect time to read.
- 29. Let your child pick some favorite family photos to put on display.
- 30. Do a crossword puzzle together.
- 31. Together, donate time to a cause that you and your child care about.