

# Daily Learning Planner

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

Shelton Youth Service Bureau



THE  
**PARENT**  
INSTITUTE®

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

- 1. Play Math Catch. Call out a problem (such as  $4 \times 2$ ) when you toss a ball. See if your child can say the answer before he catches it.
- 2. Encourage your child to ask at least one question in each of her classes.
- 3. Help your child think about study distractions and brainstorm ways to eliminate them.
- 4. Avoid criticizing or correcting your child in front of his peers. Wait until you can speak privately.
- 5. Learn a magic trick with your child.
- 6. Discuss your child's long-range goals and career ideas.
- 7. Read a story aloud as a family.
- 8. Look for quotations that will motivate your child. Post a favorite one on the mirror she uses.
- 9. Create a tradition with your child, such as calling for a "music break." Whenever someone is upset, put on a favorite song.
- 10. Ask your child to tell you what the word *achieve* means to him.
- 11. Ask your child how she thinks she is doing in each of her classes. Is she struggling with anything? Is anything too easy?
- 12. Talk to your child about ways to balance schoolwork and the rest of his life. Make it clear that education is his top priority.
- 13. Make sure your child has plenty of free time for reading.
- 14. Encourage your child to take responsibility for her work. Remind her only once that it is homework time.
- 15. Ask your child to tell you about historical figures he is studying.
- 16. With your child, practice saying hello and making eye contact. It will make social situations easier.
- 17. Say something nice to your child in the morning, such as, "Have a great day!"
- 18. Give family members marshmallows and uncooked spaghetti. See who can build the tallest tower.
- 19. Think of challenging situations your child might face. Role-play possible responses to them together.
- 20. Encourage your child to use sticky notes to write down things he needs to remember.
- 21. Let your child help you research a major purchase. List important features and ask your child to find the best deal.
- 22. When your child is studying for a test, set a timer for twenty minutes. Many short reviews spread out over time are better than one long one.
- 23. Help your child focus on what she can learn from her mistakes.
- 24. Dig out a favorite children's book and read it together.
- 25. Help your child organize his room.
- 26. Teach your child to use positive self-talk, such as "I can do this!" Self-affirmation can help keep her motivated.
- 27. Ask your child to read a news article to you. Take turns sharing your opinions about it.
- 28. Talk with your child about why you value education.
- 29. Ask your child where he would go if he could go anywhere in the world. Encourage him to learn more about that place.
- 30. Talk about different ways to manage stress. Your child could get some exercise or write in a journal.
- 31. Ask your child to draw a diagram of something she is learning.