

Daily Learning Planner

Ideas parents can use to help students do better in school.

**Family and School Partnerships
Fairfax County Public Schools**



**THE
PARENT
INSTITUTE®**

September • October • November • 2009

September 2009

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

- 1. Talk about the Golden Rule with your teen. "Do unto others"
- 2. Talk with your teen about the things you did together this summer. What are three things she'll remember?
- 3. Write your teen a letter about the day he was born.
- 4. Offer to help your teen make a study schedule for tests.
- 5. Build something with your teen.
- 6. Put on some music and sing with your teen.
- 7. With your teen, learn calligraphy.
- 8. Give your teen a say in where and when she studies.
- 9. Challenge your teen to design a simple piece of furniture.
- 10. Let your teen take over the grocery shopping for a week.
- 11. Watch a funny movie with your teen. Pop some popcorn.
- 12. Take your teen out for breakfast. Don't have an agenda. Just enjoy the time together.
- 13. Teach your teen a useful new skill, such as how to do laundry or sew on a button.
- 14. Ask your teen to show you how to find information on the Internet.
- 15. Encourage your teen to start a collection of something (dolls, spoons, coins, etc.).
- 16. Look at magazine ads with your teen. What statements about the product are facts? Which ones are opinions?
- 17. Talk with your teen about a mistake you've made and what you learned from it.
- 18. Suggest your teen record key ideas from a chapter. Then he can play them back to study.
- 19. Pack a blanket, a book and a lunch. Lie outside and look at the clouds with your teen.
- 20. Ask your teen to plan a family scrapbook night. As a family, create scrapbook pages with pictures and mementos.
- 21. Ask your teen why he thinks terrorists take part in violent acts against people.
- 22. Encourage your teen to form a study group.
- 23. Suggest your child read a biography of a person he admires.
- 24. Ask your teen to try something she's never tried before, like writing a poem.
- 25. Set a special time for family reading. No time in the evening? Try reading in bed first thing in the morning.
- 26. Make a family tree with your teen.
- 27. Play a board game with your teen.
- 28. Next time you're angry with your teen, start a sentence with "I love you."
- 29. Have your teen research which pets are most suitable for your family's lifestyle. Consider allergies, time needed in care, the pet's activity needs, and the pet's ability to be trained.
- 30. Ask your teen to estimate the tax on a purchase.



Helping Students Learn®
Tips Families Can Use to Help Students Do Better in School
High School Edition

October 2009

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- 1. Ask your teen to research the history of one of her favorite musical groups.
- 2. Teach your teen how to make his favorite food.
- 3. Ask your child to add two four-digit numbers. Can she figure it out on paper before you can with a calculator?
- 4. Show your teen how to read nutrition labels.
- 5. Give your teen a sketchbook and ask him to draw things that inspire him.
- 6. Visit the library with your teen. Check out two copies of a best-seller so you can both read and discuss it.
- 7. Does your teen object to a family rule? Give her three minutes to state her case.
- 8. Encourage your teen to take notes in all of his classes.
- 9. Ask your teen to tell you what it means to be a leader.
- 10. Teach your teen how to change a tire.
- 11. Remember, never make fun of your teen.
- 12. Look through old family albums with your teen. Tell her stories about her relatives.
- 13. Hold a question-answer seminar with your teen where you learn about and discuss yourselves. Topics can address interests in movies, music, friends, subjects in school, subjects at work and places you like to go.
- 14. Help your teen think of ways to maximize his time.
- 15. Take your teen out for a special snack after school.
- 16. Encourage your teen to find a study partner in each class.
- 17. Work on a puzzle together with your teen. Find a place in your home where a puzzle could be worked on over a period of time without having to be moved.
- 18. Collect clothes your child has outgrown. Donate them to a local shelter or clothing bank together.
- 19. Review your teen's schedule with her. Does she have enough free time for schoolwork, exercise and relaxing?

- 20. Turn a mistake into a learning opportunity. Don't criticize. Instead say, "What have you learned from this?"
- 21. Ask your teen to think of three different subjects he would like to major in if he goes to college.
- 22. Ask your teen, "If you had to name your three best qualities, what would they be?"
- 23. If your teen is saving for a special purchase, suggest she keep a picture of it in her wallet to prevent impulse spending.
- 24. Challenge your teen to run a 30-yard dash. Time him. Ask him to keep practicing to improve his time.
- 25. Talk about world events at dinner.
- 26. Memorize a quotation with your child today.
- 27. What would your teen change if she had a magic wand? Why?
- 28. Ask your teen what the term "Generation Y" means.
- 29. Encourage your teen to make his homework legible.
- 30. Pick a main idea and together think of supporting details.
- 31. Write your teen a note of thanks.



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November 2009

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

- 1. Work on a word puzzle with your teen.
- 2. Ask your teen to tell you her three favorite songs. Listen to them together.
- 3. Plan a reading dinner. Let each family member bring a book to the table.
- 4. Take a course with your teen, such as painting or yoga.
- 5. Have your child spend 10 minutes at night preparing for the next day. It will make mornings smoother.
- 6. Ask your teen what he is most excited about when he thinks of his future.
- 7. Help your teen fix up her room.
- 8. Surprise your teen with a day centered on her. Give her a checklist of things she may like to do and let her circle her favorites.
- 9. Get a book of paintings from the library. Can your teen identify painters by their works?
- 10. Tell your teen about your day in as much detail as you'd like to hear about his day.
- 11. Find an interesting word in the dictionary. Challenge the entire family to use it as often as possible today.
- 12. Ask your teen, "What did you do right today?" Remind your teen that the little things count.
- 13. See if your teen can shadow someone in a job that interests him.
- 14. Ask your teen what she most enjoys doing with the family.
- 15. Talk with your teen about the dangers of steroid use.
- 16. Does your teen have a long-range project to do? Have him set a schedule for getting it finished.



- 17. Help your teen reduce math errors by using graph paper when working math problems.
- 18. Ask your teen how she would make friends with someone new at school.
- 19. On a night when your teen doesn't have homework, suggest that he read the newspaper for 30 minutes.
- 20. Tell your teen to set a timer when completing boring tasks. Trying to "beat the clock" turns chores into challenges.
- 21. Help your teen find books on her special interests.
- 22. Suggest that your family do volunteer work together. Let your teen help choose the activity.
- 23. Make a to-do list with your teen.
- 24. Use email to stay in touch with your teen. Send him a joke or a daily report.
- 25. Help your teen make a budget.
- 26. Ask to see your teen's homework.
- 27. Let your teen subscribe to an age-appropriate magazine.
- 28. Find a hobby that you and your teen can do together.
- 29. Encourage your teen to take pictures at a family outing.
- 30. Teach your child positive self-talk: "I've practiced this hundreds of times. I know how to do it."

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