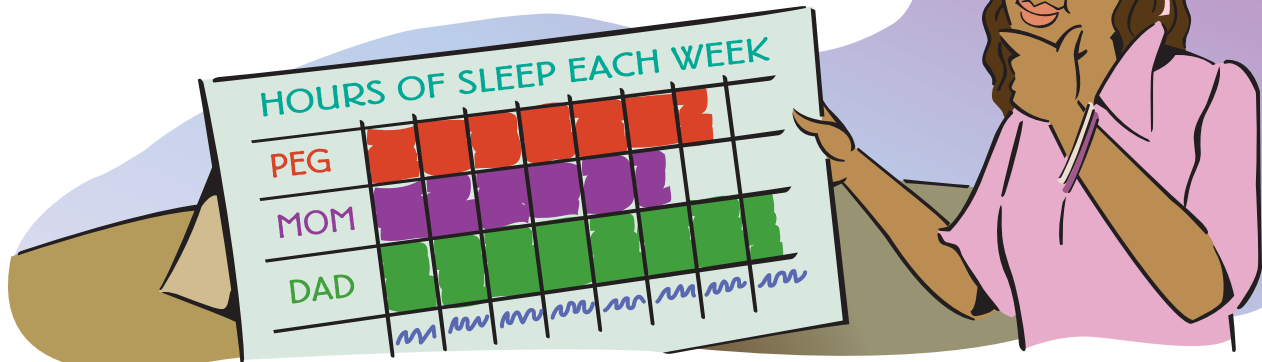


Daily Learning Planner

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. Ask your child what he thinks is the best job in the whole world.
- 2. Talk about your child's summer. Can she name three things she learned?
- 3. Help your child start a study routine. He should pick a regular time and place to work.
- 4. After homework time, take a few minutes for a movement break. Put on a favorite song and dance with your child.
- 5. Look through the Farmer's Almanac with your child. Discuss ways you both might benefit from the information it provides.
- 6. Work a crossword puzzle with your child.
- 7. Discuss the importance of good attendance with your child.
- 8. Plan a "no-TV" day.
- 9. Have your child tell you about one of his teachers.
- 10. Ask your child to teach you about how she uses the computer.
- 11. Tell your child a story that teaches an important lesson.
- 12. Teach your child a useful new skill such as how to do laundry.
- 13. Ask your child to name one thing that makes him feel really excited.
- 14. With your child, start a secret family pal program. Each member of the family draws a name and keeps it secret. Do nice things for your secret pal all week.
- 15. Help your child organize her room.
- 16. Ask each member of your family to create a family flag. Share them with each other and together create one that combines details from each of the flags.
- 17. Put photos in an album with your child.
- 18. Have a "stay-up-late" night. Let your child stay up as late as he wants, as long as he's reading.
- 19. Practice math facts with your child. Call out a problem (4 x 2) when you pitch a ball. See if she can say the answer before she catches it.
- 20. Spend the afternoon reading the newspaper with your child.
- 21. Cook dinner as a family.
- 22. Help your child color code materials for each of his classes. Give him different colored folders for each class. Use matching book covers, if possible.
- 23. Review school bus safety with your child.
- 24. Help your child choose a daily starting time for homework.
- 25. Ask your child how she would make friends with someone new at school.
- 26. Give your child plenty of free time for reading.
- 27. Teach your child a literary term such as *onomatopoeia*.
- 28. Offer your middle schooler options for chores. Let him pick one of three jobs.
- 29. Try using an oven timer to remind your child when she needs to get off the phone or begin homework.
- 30. Encourage your child to write a letter to a relative.



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

October 2009

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- 1. Help your child set a school-related goal. Write down the steps she'll take to reach it. Post the goal in a visible spot.
- 2. Ask your child's opinion on an issue in the news.
- 3. Ask each member of your family to create a collage from magazine pictures. Hold each one up and see if family members can guess who created which one.
- 4. Suggest that your child keep a TV log. Have him record the programs he watches and what he thinks of them.
- 5. Practice math skills while you are doing chores together.
- 6. Give your child the names of five cities. Have her calculate the total of their weather lows for today.
- 7. Take a walk with your child today.
- 8. Place an envelope outside each family member's door. Encourage everyone to write each other notes and slip them in the envelopes throughout the day.
- 9. Help your child make a to-do list. When he completes each item, he should check it off.
- 10. What does your child most enjoy doing with the family? Ask her and make plans to do it.
- 11. Help your child make a savings plan for a special purchase.
- 12. Let your child calculate the tip next time you go out to dinner.
- 13. Let your child take over a new responsibility.
- 14. Challenge your child to use the dictionary to find as many five-syllable words as he can.
- 15. Ask your child to tell you the difference between *liking* something and *loving* something.
- 16. Suggest that your child start a book club with friends.
- 17. Do something you've never done before with your child. Try a new food. Listen to a new type of music. Visit a new place.

- 18. Look through the newspaper to find cultural events your family might enjoy. Go to an art exhibit, for example.
- 19. Let your child choose her chores from a list.
- 20. Ask your child why he thinks we have laws in our society.
- 21. Ask your child to plan a scrapbook night for your family. As a family, create scrapbook pages with pictures and mementos.
- 22. Ask your child where she would go if she could go anywhere in the world.
- 23. Learn a magic trick with your child.
- 24. Offer to drive your child and his friends somewhere.
- 25. Provide some "personal space" for your child.
- 26. Ask your child how she thinks she is doing in her classes.
- 27. Say something nice to your child before he leaves for school, such as, "Have a great day!"
- 28. Next time your child is stressed out, talk about different ways to handle it. She might exercise or write in a journal.
- 29. Help your child focus on positive aspects of mistakes.
- 30. Encourage your child to clean out his locker at school.
- 31. Choose a place to keep library books. Your child will always be able to find something to read.



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November 2009

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- 1. Discuss recent world events at the dinner table.
- 2. Keep a log of your child's successes. Share it with him when he seems a little down.
- 3. Ask your child to call several places where she would like to volunteer. She should get information from each.
- 4. Have your child compare food labels for different brands of a product, such as cereal. Which has the most vitamins?
- 5. Ask your child how he decides who his friends will be.
- 6. Tell your child a joke today.
- 7. Play a memory game with your child. Try to remember things you each did the day before yesterday.
- 8. Ask your child to pick a day to be "family day." Your child can plan fun activities for the family and make fun foods to eat.
- 9. Practice estimating with your child. How many popcorn kernels will fit in her hand? How many cookies are in a jar?
- 10. Cut out an article or cartoon your child will enjoy. Leave it by his place at breakfast.
- 11. Ask your child to list ideas for a new flavor of ice cream.
- 12. Show your child her baby book.
- 13. Talk with your child about his dream job.
- 14. Ask your child to name her top three strengths.
- 15. Challenge your child to run a 30-yard dash. Time him. Ask him to keep practicing to improve his time.
- 16. Read a story aloud as a family.
- 17. Ask your child what she thinks high school will be like.



- 18. Tell your child you love him today and every day.
- 19. Ask your child about her teachers.
- 20. Encourage your child to drink water while studying. Being hydrated can boost alertness.
- 21. Make your home "kid friendly" with snacks and fun games.
- 22. Create a silly tradition with your child, such as a "group hug." Whenever someone is upset, call out, "Time for a group hug."
- 23. Ask your child to explain a homework assignment to you.
- 24. Ask your child to exchange phone numbers with a person in each of his classes. They can be study buddies.
- 25. Ask your child to tell you about the historical figures she is studying in school.
- 26. Ask your child what he is thankful for today.
- 27. Let your child help you research a major purchase. List important features and ask your child to find the best deal.
- 28. Have your child practice shaking hands and making eye contact. It will make social situations easier.
- 29. Give your child some graph paper to use in math class. It will help her work with columns of numbers.
- 30. Find an interesting word in the dictionary. Challenge your child to use it three times during the day.

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