

# Daily Learning Planner

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

Santa Rosa District Schools  
ESE/Student Services



THE  
**PARENT**  
INSTITUTE®

## November 2020

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

- 1. Tell your child you love him today and every day.
- 2. Help your child research careers of interest. What skills or education are required for each?
- 3. Ask your child why she thinks laws are necessary in our society. Are there any she would change?
- 4. Talk about the positive qualities of your child's friends.
- 5. Discuss recent world events at the dinner table.
- 6. Tell your child a story that teaches an important lesson.
- 7. Practice estimating with your child. How many popcorn kernels will fit in your hand? How many cookies are in the bag?
- 8. Start having weekly family meetings. Talk about family news and goals. Celebrate successes.
- 9. Work on a crossword puzzle with your child.
- 10. Teach your child to trust his instincts. If he thinks a situation may get out of hand, he should avoid it.
- 11. Play a memory game with your child. Try to remember things you each did the day before yesterday.
- 12. Ask what your child would do if a friend stole something from a store.
- 13. Keep track of your child's successes in a journal. Share it with her when she seems a little down.
- 14. Avoid focusing so much on grades that your child feels he has to cheat.
- 15. Encourage your child to read a biography of a person she admires.
- 16. Remember that the key to getting your child's respect is showing your child respect.
- 17. Give your child a news article. Have him circle all the adjectives and underline all the verbs.
- 18. Have a discussion with your child about the dangers of vaping, smoking and other tobacco use.
- 19. Give your child the names of five cities. Have her calculate the average of their low temperatures for today.
- 20. Have a device-free day. Read or play games instead.
- 21. Help your child make a to-do list. When he completes each item, he should check it off.
- 22. Learn a new word at breakfast. Challenge family members to use it three times during the day.
- 23. Set a minimum study time for your child. This prevents rushing through work.
- 24. Explain to your child that banks charge interest for loans. Have him look up the interest rates at local banks.
- 25. Ask your child to pick a day to be "family day." She can plan inexpensive activities for the family and make fun foods to eat.
- 26. Make a list of all the things that make your family members thankful.
- 27. Challenge your child to do as many push-ups as he can.
- 28. Try to have a rhyming conversation with your child. It may be tough at first, but you'll get better!
- 29. Ask your child, "What's the best gift you've ever given someone? What's the best gift you've ever received?"
- 30. Teach your child a practical skill, such as how to sew on a button or change an air filter.