

# Daily Learning Planner

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

Ferguson - Florissant School District



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. Discuss the connection between *rights* and *responsibilities*. The *right* to be trusted is earned by *responsible* behavior.
- 2. If your teen earns or receives money, insist that he save some for college or other future plans.
- 3. Promote physical fitness. Encourage your teen to be active and try new activities.
- 4. Talk with your teen about privacy. She should never tell friends the passwords to social media sites or her phone.
- 5. Ask your teen to estimate the tax on a purchase.
- 6. When reviewing your teen's work, comment on answers he got right before looking at errors.
- 7. Together, make a list of ways your teen has shown responsibility recently. Let her know you are proud of her.
- 8. Have breakfast with your teen today. Talk about what he likes best about his friends.
- 9. Suggest that your teen make a recording of key ideas from a chapter. Then she can play it back to study.
- 10. Help your teen create and proofread an academic résumé.
- 11. Tell your teen how much you appreciate your education—or why you wish you had learned more.
- 12. Talk about stereotypes with your teen. Discuss why they're unfair.
- 13. Has it been a hard week of schoolwork for your teen? Share a special snack together.
- 14. Have your teen take over meal planning for a week.
- 15. When having a conversation with your teen, don't talk for more than 30 seconds at a time before letting him have a turn.
- 16. Teach your teen a problem-solving process: Brainstorm solutions, list pros and cons, choose the best option and carry it out.
- 17. Watch the news with your teen. Keep a globe or world map nearby and locate places mentioned.
- 18. Teach your teen to alert an adult if she witnesses an episode of bullying, in person or online.
- 19. Play a game together that strengthens math skills, such as cards, dominoes or chess.
- 20. Have a device-free evening. Put your teen in charge of planning alternative activities.
- 21. Ask, "If you could be the first person to do something, what would you like it to be?"
- 22. Watch TV with your teen and pay attention to the commercials. Talk about the methods they use to persuade viewers to buy.
- 23. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- 24. Talk with your teen about how he could get more sleep.
- 25. Look at the courses offered by a local college. Which ones look interesting to your teen?
- 26. Have family members take turns telling what they are grateful for.
- 27. Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.
- 28. Take a walk in a new place with your teen today.
- 29. If your teen is having trouble starting a paper, have her write just one sentence and take a break.
- 30. Memorize something with your teen today. Try a poem or a quotation.