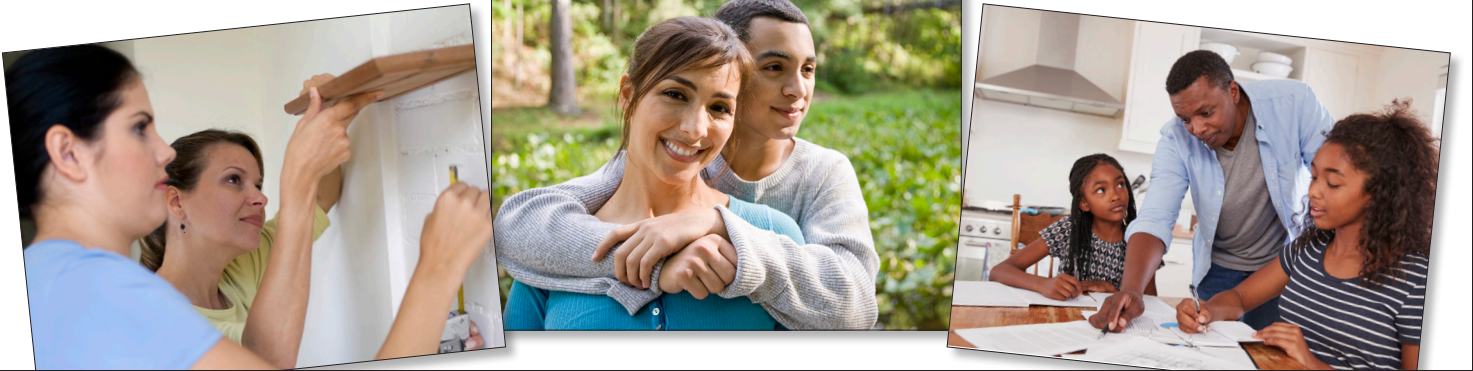


# Daily Learning Planner

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

Tenino School District



THE  
**PARENT**  
INSTITUTE®

## April 2019

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

- 1. Have breakfast with your teen today. Talk about what she likes best about her friends.
- 2. Check on your teen's grades. If necessary, help him plan ways to raise them before the school year ends.
- 3. Practice estimating with your teen. How many miles is your home from the school? Check to see how close her estimate was.
- 4. Make today dictionary day. Talk with your teen about new words that you each think should be in the dictionary.
- 5. Ask your teen, "If you could be the first person to do something, what would it be?"
- 6. Go on a "dream" shopping trip together—not to buy, just to look.
- 7. Compliment your teen on something responsible that he did today.
- 8. Does your teen study well with others? If so, let her start a study group.
- 9. With your teen, look for a book about a country he would like to visit.
- 10. Discuss the importance of laws with your teen. What if there were none? What if they were ignored?
- 11. Talk with your teen about the responsibilities of citizenship.
- 12. Give your teen today's newspaper. Have her report on a news item during dinner.
- 13. Cliques leave many teens on the sidelines. Talk to your teen about reaching out to include others.
- 14. Invent a recipe with your teen. If it doesn't work, can your teen fix it?
- 15. Ask your teen to help you develop a new family tradition.
- 16. Encourage your teen to start a diary or journal.
- 17. Make a rule: Family members eat at least one meal together every day.
- 18. Make plans to do something together with the family of one of your teen's friends.
- 19. Help your teen see that he can't control others, but he *can* control how he reacts to them.
- 20. Create a family joke book. Have everyone write one or two jokes on a sheet of paper. Staple the pages together.
- 21. Suggest your teen study in different places on occasion: Monday in the kitchen, Tuesday in the bedroom, etc.
- 22. Ask your teen for suggestions of nutritious snacks to have on hand.
- 23. Learn to play a new sport or game with your teen.
- 24. When was the last time you told your teen you love her? Say it today.
- 25. Brainstorm with your teen what your family could do to conserve energy and natural resources.
- 26. Together, think of ways to limit screen time. Help one another stick to your plan.
- 27. Ask your teen which class he feels he does best in and why.
- 28. Can your teen name all the planets? Have her look up their names if she can't.
- 29. Ask your teen to estimate how far he can drive with a full tank of gas until the gauge dips to the  $\frac{1}{4}$  mark.
- 30. Talk with your teen about what makes someone a hero. Look for real-life heroes in the news.

**Helping Students Learn**  
TIPS Families Can Use to Help Students Do Better in School

HIGH SCHOOL