

# Daily Learning Planner

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

Title I Programs

Amarillo Independent School District



THE  
**PARENT**  
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**March • April • May 2021**

## March 2021

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

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. If your teen has concerns about school or student safety, suggest that he talk with a school administrator about it.</li> <li><input type="checkbox"/> 2. Encourage your teen to take responsibility for her work. Remind her only once about assignments she has due.</li> <li><input type="checkbox"/> 3. Watch a TV program or video about the arts with your teen.</li> <li><input type="checkbox"/> 4. Remind your teen to review class notes every day. Students get the most out of notes when the material is fresh in their minds.</li> <li><input type="checkbox"/> 5. Consider helping your teen open a checking account.</li> <li><input type="checkbox"/> 6. Take a walk with your teen. Look for signs of spring.</li> <li><input type="checkbox"/> 7. Share a special breakfast with your teen. Each of you talk about your five-year goals.</li> <li><input type="checkbox"/> 8. The next time you're angry with your teen, start a sentence with "I love you" and don't say "but ..."</li> <li><input type="checkbox"/> 9. Cut the title off a news article. Have your teen read the article and give it a title. Compare the titles.</li> <li><input type="checkbox"/> 10. Agree on an adult friend that your teen can call if he doesn't feel comfortable asking you for advice.</li> <li><input type="checkbox"/> 11. Help your teen make a budget.</li> <li><input type="checkbox"/> 12. Ask your teen to tell you one way she has become a stronger writer.</li> <li><input type="checkbox"/> 13. Play a game of Scrabble with your teen to build word skills.</li> <li><input type="checkbox"/> 14. Ask your teen how he would begin to make friends with someone new in his classes.</li> <li><input type="checkbox"/> 15. Work on a crossword puzzle with your teen.</li> <li><input type="checkbox"/> 16. Have your teen estimate how many bowls of cereal she can pour from one box. Keep track until the box is empty.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> 17. Discuss the school's policy on cheating with your teen. Talk about why cheating is wrong, even if "no one will know."</li> <li><input type="checkbox"/> 18. Remind your teen of the long-term benefits of school achievement.</li> <li><input type="checkbox"/> 19. Prepare an old family recipe with your teen. Tell stories about the memories it brings to mind.</li> <li><input type="checkbox"/> 20. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.</li> <li><input type="checkbox"/> 21. Read a favorite children's book with your teen. There are still lessons to be learned.</li> <li><input type="checkbox"/> 22. Ask your teen, "Is there anything you would like to learn more about?" Then research the topic together.</li> <li><input type="checkbox"/> 23. Invite your teen to do an errand with you. Use travel time to talk.</li> <li><input type="checkbox"/> 24. Help your teen make a to-do list. Organization is a stepping stone to independence.</li> <li><input type="checkbox"/> 25. When you disagree with your teen, consider his point of view.</li> <li><input type="checkbox"/> 26. Ask your teen: "If you could trade lives with somebody you know, who would it be? Why?"</li> <li><input type="checkbox"/> 27. Is there a college near your home? If possible, plan a time to walk around the campus with your teen.</li> <li><input type="checkbox"/> 28. If your teen is faced with a big decision, talk about it within the context of your family's values.</li> <li><input type="checkbox"/> 29. Ask your teen to interview an older relative about his or her life.</li> <li><input type="checkbox"/> 30. Talk with your teen about ways each of you could improve your listening skills.</li> <li><input type="checkbox"/> 31. Ask your teen, "What do you think are your three best qualities?"</li> </ul> |
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# April 2021

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

- ☐ 1. Teach your teen to use positive self-talk before a test: "I've practiced this dozens of times. I know how to do it."
- ☐ 2. Have your teen help you prepare your taxes. If she earned money last year, help her file a tax form.
- ☐ 3. Watch a TV show with your teen. Talk about the characters' choices. What likely consequences weren't shown in the program?
- ☐ 4. Enjoy some outdoor physical activity as a family today.
- ☐ 5. Notice whether your teen is completing and turning in assignments on time. Praise his responsibility.
- ☐ 6. Point out an example of prejudice to your teen. Talk about ways to deal with intolerance.
- ☐ 7. Ask your teen what she would do if a friend asked to copy her work. Brainstorm possible responses.
- ☐ 8. Skim over one of your teen's assignments and ask him questions to help him review.
- ☐ 9. Encourage your teen to keep a journal.
- ☐ 10. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- ☐ 11. Ask what your teen thinks the world will be like in 100 years.
- ☐ 12. Take some time to "hang out" with your teen today.
- ☐ 13. Does your teen have a long-term project to do? Have her create a schedule for getting it finished.
- ☐ 14. Have your teen create a reference sheet. He can list words he has trouble spelling, math formulas, grammar rules, etc.
- ☐ 15. Ask your teen which class she likes best and why.
- ☐ 16. Talk with your teen about the school issues he thinks are most important to students.
- ☐ 17. Encourage your teen to bake a treat to share with an elderly neighbor or family friend.
- ☐ 18. Ask your teen to find something specific for you in the newspaper, such as a review of a particular book or a stock price.
- ☐ 19. Don't criticize or correct your teen in front of her peers.
- ☐ 20. Have your teen rank assignments from easiest to hardest, and try tackling the hardest one first.
- ☐ 21. Help your teen make up a rhyming song about study facts.
- ☐ 22. When your teen overreacts, it's important for you to stay calm. Set a time to talk later when you both are in control.
- ☐ 23. Think your teen is too old for reading aloud? Try it. Or try listening to audiobooks together.
- ☐ 24. Ask your teen to help you organize a room or closet in the house.
- ☐ 25. Play a board game with your teen.
- ☐ 26. Teens often say, "Everyone else is doing it." Don't cave in—say, "Well, we aren't."
- ☐ 27. Tell your teen that maintaining great attendance builds skills he'll use in the workplace.
- ☐ 28. Ask your teen to tell you about a consequence you imposed that she thought was really unfair.
- ☐ 29. Have your teen keep flash cards in handy places for use in spare moments.
- ☐ 30. Set some fitness goals as a family and plan ways to achieve them.

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# May 2021

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

- ☐ 1. Summer is not too far away. Could your teen start a small business, such as pet care, lawn mowing or online tutoring?
- ☐ 2. It's not that teens can't read—it's that most don't. Challenge your teen to read more this month.
- ☐ 3. Encourage your teen to write a thank-you note to a teacher.
- ☐ 4. Does your teen have final exams coming up? Encourage him to create a study schedule.
- ☐ 5. Plan a special activity with your teen to celebrate the end of the school year.
- ☐ 6. Remind your teen that *effort* is more important than *ability* when it comes to success.
- ☐ 7. If your teen's grades are disappointing, help her set clear goals for improvement.
- ☐ 8. Have your teen make a collage of pictures of athletes from various sports. Discuss different kinds of healthy body types.
- ☐ 9. Talk with your teen about your family's heritage.
- ☐ 10. Give your teen a budget and let him create the family's grocery shopping list for a week.
- ☐ 11. Talk with your teen about ways to resolve conflicts without violence.
- ☐ 12. Spend a few minutes talking with your teen at bedtime. This is a relaxing time for conversation.
- ☐ 13. Ask your teen, "What kind of person would you like to be when you are 60 years old?"
- ☐ 14. Whether your teen is a freshman or a senior, encourage her to explore the school's career planning services.
- ☐ 15. Challenge your teen to walk someplace instead of driving.
- ☐ 16. Eliminate pessimistic phrases. Replace "It won't work" with "Why not try it?"
- ☐ 17. Reminisce with your teen about the best movies you each ever saw.
- ☐ 18. Don't say, "I know how you feel." Teens think their feelings are unique.
- ☐ 19. Talk with your teen about the character traits he has that will serve him well in the workplace, and why.
- ☐ 20. Learn a new word at breakfast. Challenge family members to use it three times during the day.
- ☐ 21. Does your teen object to a family rule? Give her three minutes to state her case. Then say why you think the rule is a good idea.
- ☐ 22. Keep talking about school. Every day, ask your teen what he's doing and thinking about.
- ☐ 23. Try something new with your teen, such as painting or yoga.
- ☐ 24. Give your teen a hug today.
- ☐ 25. If your teen breaks a rule, don't set a punishment in the heat of the moment. Wait until everyone has calmed down.
- ☐ 26. Ask your teen's advice on a problem you are facing.
- ☐ 27. Help your teen understand interest. What would something really cost if she used a loan to buy it?
- ☐ 28. Choose a number from one to 12, then have your teen list all the things he can think of that come in that number.
- ☐ 29. Tell your teen that the things that make her unique also make her precious to you.
- ☐ 30. Get two copies of the same book and read it with your teen.
- ☐ 31. Talk with your teen about a recent mistake you made.

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