

Daily Learning Planner

*Ideas parents can use to help students
prepare for school.*

Pinellas Park Middle School
Robyn R. Witcher, Principal



THE
PARENT
INSTITUTE®

September • October • November 2010

September 2010

- 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. Give your child a genuine compliment. Make it specific, such as, "You have pretty handwriting."
- 3. Think of the next event that will require giving a gift. Brainstorm about something your child can make to give.
- 4. Shop with your child. Use math to find the best deals.
- 5. Help your child decide how he'll organize his school notebooks and folders.
- 6. Let your child help you research a major purchase. List important features and ask your child to find the best deal.
- 7. Have your child play you her favorite song. Play a song you loved at her age.
- 8. Plan a family outing. Allow your child to invite a friend.
- 9. Look over your child's homework. Give compliments and helpful criticism.
- 10. Give your child a new responsibility. Praise him for being mature enough to handle it.
- 11. Have your child start an "anger diary." She can write down when and why she gets angry and how she handles it.
- 12. Suggest that your child clean out his backpack on Sundays. He'll start the week organized.
- 13. Give your child a calendar. Encourage her to keep track of school assignments and events.
- 14. Ask your child about his hardest school subject. What might make it easier?
- 15. Have your child practice shaking hands and making eye contact. It will make social situations easier.
- 16. Suggest that your child write a family newsletter. She can mail it to relatives.
- 17. Help your child find items your family no longer uses and give them to charity.

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- 18. Let your child make a decision, such as what to have for dinner.
- 19. Ask your child's opinion on something.
- 20. Take a trip to the library. Show your child a book you loved at his age.
- 21. Learn about your state or country's flag. What does it represent?
- 22. It's the first day of fall! Go for a walk and look for seasonal changes.
- 23. Discuss your child's homework assignments with her. Make this a daily habit.
- 24. Share a poem with your child. How does he interpret it?
- 25. Suggest your child write a thank-you note to someone who has helped her.
- 26. Discuss what to do in a safety-related situation, such as when a stranger calls.
- 27. Ask your child a specific question about school, such as "What is your favorite class?"
- 28. Keep a map or globe visible in your home. Your child will learn by seeing it regularly.
- 29. Ask your family to pick one habit they'd like to change. Practice the new habit for 21 days to help it "stick."
- 30. Tell your child something you love and admire about him.



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- 1. Bake cookies with your child. Decorate them creatively.
- 2. Take a compass with you in the car. Let your child keep track of which direction you're going.
- 3. Learn about special events at your child's school. Make plans to attend at least one.
- 4. Discuss the importance of laws with your child. What if there were none? What if they were ignored?
- 5. Help your child make a savings plan for a special purchase.
- 6. Ask your child how she feels the school year is going so far.
- 7. Tell your child a joke today.
- 8. Make a "one-a-day" rule: Family members will eat one meal together every day.
- 9. Talk with your child about what character traits he has that will eventually help him in the workplace.
- 10. Take advantage of opportunities to talk with your child while doing chores or errands.
- 11. As a family, create a routine that will make mornings easier.
- 12. Next time your child is stressed out, talk about different ways to handle it. She might exercise or write in a journal.
- 13. Think of something your child and you would like to learn. Check out a how-to book at the library.
- 14. Call out words from the dictionary during breakfast. See who can spell them.
- 15. Before your middle schooler attends a party, make sure it will be supervised.
- 16. Tell your child at least twice a day that you love him. Before and after school are good times.
- 17. Let your child take over a new responsibility.
- 18. Ask your child who her role models are and why.
- 19. Watch a TV show with your child. Notice how men and women are portrayed. Are the characters realistic?

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- 20. Ask your child to show you a computer skill he has learned at school.
- 21. Share a photo of yourself as a middle schooler. Tell your child some stories about what that age was like for you.
- 22. Tell your child about her relatives. Where did her grandparents grow up?
- 23. Encourage your child to meet at least three new people outside of her normal group of friends.
- 24. Plan one-on-one time with your child today.
- 25. 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.
- 26. Getting kids to talk can be hard. It helps to ask specific questions.
- 27. How would your child handle peer pressure to drink or smoke? Use role playing to practice.
- 28. Do you compliment more than you criticize? Compliments should outweigh criticisms three to one.
- 29. Play a memory game with your child. Try to remember things you each did the day before yesterday.
- 30. Encourage your child to clean out his locker at school.
- 31. Ask your child, "If you could change one thing in the entire world what would it be?" Listen carefully to her answer.



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- 1. Take turns with your child making statements. Decide whether each one is fact or opinion.
- 2. It's election day in the U.S. Talk to your child about the importance of voting.
- 3. Ask your child to make a graph of family habits. How long does each person sleep? Who reads the most?
- 4. Remember that children learn from our actions more than our words. Focus on setting a good example.
- 5. See how many words you can use to describe the day's weather. For example, *foggy, cloudy, muggy, wet, dreary*.
- 6. Visit a new place with your child, such as a museum.
- 7. Make up a story with your child. Take turns adding sentences.
- 8. Show your child how much you love him with a kind word, hug or pat on the back.
- 9. Ask your child to pretend she's mayor for the day and list three ideas that would make your community a better place.
- 10. Teach your child about *alliteration* (using words that start with the same sound). Example: Taylor tried tomatoes but thought they tasted terrible.
- 11. It's Veterans Day in the U.S. and Remembrance Day in Canada. Talk with your child about respect for veterans.
- 12. Review your child's allowance and spending habits. Make saving a priority.
- 13. Practice estimating with your child. How much popcorn will fit in your hand? How many cookies are in a bag?
- 14. Suggest that your child start a book club with friends.
- 15. Have you discussed sex, drugs and other tough topics with your child? Make plans to do this.
- 16. Declare this an Acts of Kindness Day. Make a special effort to be kind to each other.

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- 17. Have your child keep his backpack by the door. This prevents frantic searches in the morning.
- 18. Make a healthy snack for you and your child to share. Ask her about her day.
- 19. Start a family journal of highlights and accomplishments.
- 20. Meet the parents of your child's friends. Work as a team to keep your kids safe.
- 21. Cook dinner as a family.
- 22. Pick a book that you and your child can both read and discuss.
- 23. Encourage your child to start saving some money for college.
- 24. Sort through family photos together and pick some favorites. Put them on display.
- 25. Tell your child the many reasons you are thankful for her.
- 26. Next time your child misbehaves, use a consequence that teaches rather than punishes.
- 27. Show your child how to handle a new responsibility, such as doing laundry.
- 28. Let your child see you reading often. This teaches that reading is important and fun.
- 29. Help your child make a time line of his life.
- 30. Help your child make a practice test before she takes an exam.



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