

Daily Learning Planner

*Ideas families can use to help children
do well in school*

Rockdale County Public Schools



THE
PARENT
INSTITUTE®

September • October • November 2022

September 2022

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

- 1. This is Library Card Sign-Up Month. Make sure everyone in your family has a library card—and knows how to use it.
- 2. Think of a meaningful quotation you love. Post it where your child will see it.
- 3. Establish a regular place to display your child's best schoolwork. Change the display often.
- 4. Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.
- 5. A calendar is important for organization. Buy or make one with your child. Together, mark important dates with stickers.
- 6. Ask your child to guess how many times each of you blinks in a minute. Then check: Count blinks for 15 seconds and multiply by 4.
- 7. Establish a regular time for your child to do schoolwork. Choose the time together.
- 8. When your child is unsuccessful, ask, "How would you do it differently next time?"
- 9. Review the school rules together. Post the rules on your refrigerator.
- 10. Turn chores into a game. Give each task a number and have your child roll a die to get an assignment.
- 11. If you haven't met your child's teacher yet, make plans to do so, either in person or online.
- 12. At dinner, have each family member say something nice about every person at the table.
- 13. Play math "Jeopardy." Give a number. Who can come up with an equation for which it is the answer?
- 14. When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.
- 15. Have your child list ways family members read and write at home.
- 16. What foods make your child think of autumn? Apples, pears, squash? Choose one and prepare a healthy dish together.
- 17. Today is Constitution Day in the United States. Explain that a constitution is a framework for governing a country and its people.
- 18. Ask what your child is most looking forward to this school year.
- 19. Have your child name five jobs that might be interesting to do. Try to help your child interview someone in one of these jobs or fields.
- 20. Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.
- 21. When your child has a problem, offer two possible solutions. Let your child decide which one to choose.
- 22. It's the Autumnal Equinox. Help your child look up the word *equinox*. What does it mean?
- 23. Write down five of your child's successes this week and five of your own. Post the list where you can both see it.
- 24. Check out some new books from the library today. Sit in a cozy chair with your child and read a few together.
- 25. Help your child research the answer to a question.
- 26. Have your child write down a weekly goal. Make one for yourself, too.
- 27. Ask your child, "What is your favorite animal? Why do you like it?"
- 28. Praise something your child did well today. Make your praise as specific as possible.
- 29. Have your child write or dictate a short story about a favorite teacher.
- 30. Talk with your child about honesty and why it is important.

October 2022

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

- 1. Pick a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.
- 2. Take a walk with your child and use all five senses to observe the world around you.
- 3. Play math facts baseball. Quiz each other. A correct answer is a “base” hit.
- 4. Start a made-up story. “A man went down the road and he met a ...” Let your child finish the story.
- 5. How many words can your child make from the letters in OCTOBER?
- 6. Does your child know who to call in an emergency? Make a list and post it on your refrigerator. Practice what to say.
- 7. When your child shows you schoolwork, talk about things that are correct before noting what is wrong.
- 8. Download an audiobook from the library to listen to with your child.
- 9. Help your child find out what’s inside a seed. Soak a dry bean overnight. Let your child remove its coat and pull the halves apart.
- 10. Have family members make a list of their strengths. Read them aloud. Add to one another’s lists.
- 11. Ask your child, “What was the most interesting thing you learned today?”
- 12. Talk about fire safety. What should your child do in case of a fire?
- 13. Have a jump rope contest. See how many jumps you and your child can do in a row.
- 14. Let your child stay up 30 minutes past bedtime as a treat. The catch? The time must be spent reading!
- 15. Share family stories with your child. Ask relatives to share some, too.
- 16. Go for a walk or bike ride with your child today. Challenge each other to spot something you haven’t seen before.
- 17. Help your child do something nice for someone else.
- 18. Talk with your child about why students who keep up with their schoolwork earn better grades.
- 19. Teach your child to defend against bullying by saying *no*, walking away from fights and telling an adult.
- 20. Watch the news with your child. Locate one place mentioned on a world map.
- 21. Talk about one of your favorite books. Ask about one of your child’s.
- 22. Look for signs of fall: changing daylight, colored leaves, pumpkins, etc.
- 23. Review math facts with your child tonight.
- 24. Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.
- 25. Turn off the lights and read books by flashlight with your child.
- 26. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
- 27. It’s Theodore Roosevelt’s birthday. Help your child look up interesting facts about this president and protector of the environment.
- 28. Pick an interesting news article. Ask your child to read it to you while you prepare dinner.
- 29. Write an encouraging note to your child. Tuck it in a school notebook.
- 30. Encourage your child to draw a self-portrait.
- 31. Celebrate National Popcorn Poppin’ Month. Pop some popcorn and curl up with some mystery books.

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November 2022

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

- 1. Set aside some time this month to do something with your child that you enjoyed at the same age.
- 2. Talk with your child about ways to handle stress. Getting enough sleep, exercising and talking to someone are helpful options.
- 3. Play Concentration with fractions. Try to make pairs of equivalent fractions: $1/2$ and $2/4$, $3/5$ and $6/10$ and so on.
- 4. Start a family savings jar. Everyone can decide what the goal will be and how they will contribute.
- 5. Have everyone bring an interesting science fact to share at dinner.
- 6. Make up a secret code with your child. Use it to write notes this week.
- 7. Hug your child, for no reason other than to show your love.
- 8. Ask your child, “If you could be a famous person from history, who would you be? Why?”
- 9. Play charades with your child. Use hand gestures to act out words.
- 10. Pick a category (such as animals) and a letter. How many items can your child name that fit in that category and start with that letter?
- 11. Talk about service. Discuss ways your family can do something for others in the coming holiday season.
- 12. When you read aloud to your child, choose an exciting place to stop. Ask, “What do you think will happen next?”
- 13. Learn a tongue twister together. At dinner, challenge everyone to repeat it three times fast.
- 14. Ask what actions or accomplishments your child is proud of.
- 15. To encourage a beginning reader, look for books with “read-along” audiobooks. Your child can listen and read at the same time.
- 16. Put together a jigsaw puzzle with your child.
- 17. Have a reading dinner. Ask everyone to bring a book they like to share. Talk about the books at the table.
- 18. Help your child make puppets by drawing faces on the bottom flaps of small paper bags.
- 19. If you have already said “No,” avoid giving in to repeated demands from your child.
- 20. Enjoy some outdoor exercise as a family today.
- 21. Hold a “guess that number” contest: “How many noodles are in this bag?” “How many cookies are in that box?”
- 22. Allow a few minutes after the light is off at bedtime for a quiet conversation with your child.
- 23. Never let your child forget that you are on the same team.
- 24. Make a list of all the things that make your family members thankful.
- 25. Write three one-digit numbers on a card. How many equations can your child make and solve with those numbers?
- 26. Take a “counting walk” together. Pick something to count (cars, signs, flowers, birds, bikes) and keep track.
- 27. Have your child write new or difficult words on index cards. Review them together regularly until your child can read and spell them.
- 28. Choose a Person of the Week. Help your child learn more about that person.
- 29. When you watch TV with your child, ask questions: “Why do you think that person did that?” “Would you do that?”
- 30. Learn the sign language alphabet with your child. Use it to help practice spelling words.

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