

# Daily Learning Planner

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

Rockdale County Public Schools



THE  
**PARENT**  
INSTITUTE®

June • July • August 2022

## June 2022

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

- 1. Encourage your child to start a collection. Collecting is a good way to build budgeting and organization skills.
- 2. Learn about the symptoms of eating disorders. Does your child have healthy eating habits?
- 3. How old would your child be on Mercury? Mercury's year is equal to 88 Earth days. Have your child do the math.
- 4. Look over your child's summer reading list. Plan to read some of the books yourself.
- 5. Have your child write step-by-step instructions for something. Follow them exactly. Do they work?
- 6. Make a list of 10 things your child learned in school this year. Post it on the refrigerator.
- 7. Have your child estimate how long it will take to walk a mile or a kilometer together. Then do it, and see how close the estimate was.
- 8. Tell your child a story that teaches an important lesson.
- 9. Ask your child to imagine what life was like without electricity. How did people get the latest news?
- 10. Encourage your child to start a reading journal and write down thoughts about summer reading books.
- 11. Look at a map of the United States together. Point to a region your child has never visited. What does your child know about it?
- 12. If you or your child could live in any time—past, present or future—when would it be? Tell each other why.
- 13. Teach your child how to read a road map.
- 14. Have your child give you examples of a *complete* sentence, an *incomplete* sentence and a *run-on* sentence.
- 15. Watch some TV commercials with your child. Discuss how persuasive they are. What methods do the advertisers use to persuade?
- 16. Read a rhyming poem aloud. Stop to let your child guess what the next rhyming word will be.
- 17. Let your child make a decision for the family today.
- 18. Visit an outdoor site together today, such as a garden or a park.
- 19. Give your child a new responsibility. Be sure to praise your child for being mature enough to handle it.
- 20. Have a conversation with your child about long-range education goals.
- 21. Today is the *summer solstice*. Ask your child to find out why today will have the longest period of daylight.
- 22. Are you away from home during the day? Talk with your child about what to do during an emergency.
- 23. Turn on music your child likes. Exercise to the beat together.
- 24. Teach your child how to be a gracious winner and a good loser.
- 25. Take a "tree walk" together. How many trees can your child identify?
- 26. Keep a supply of reading materials in a bag for long car trips or times spent waiting.
- 27. What 10 things would your child want on a deserted island? Why?
- 28. Help your child figure out the *perimeter* and *area* of a room in your home.
- 29. Tell a story with your child. Take turns adding sentences.
- 30. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.

# July 2022

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

- 1. Ask your child to make a map of your neighborhood, including as many landmarks as possible.
- 2. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.
- 3. Start a positive habit with your child.
- 4. Read the Declaration of Independence with your child today. Talk about why it was written.
- 5. Give your child a cereal box. If family members each eat one serving a day for 25 days, how many calories will they consume?
- 6. Talk with your child about what makes you happy and what causes stress in your life.
- 7. Ask your child, "Can you name two ways you could be a better friend?"
- 8. Don't impose a punishment in the heat of the moment. Establish consequences for breaking rules at the same time you set the rules.
- 9. Ask your child to recommend a book for you to read.
- 10. Pack a nutritious lunch and go for a picnic with your child today.
- 11. Ask your child to read and tell you about one newspaper article every day this week.
- 12. Is your child turning into a summer couch potato? Limit TV time and encourage outdoor activity.
- 13. Have a Predictions Day. Take turns predicting things such as the time needed to get to places, or what will happen at the end of the book.
- 14. Middle schoolers believe their feelings are unique. Instead of saying "I know how you feel," just listen and ask follow-up questions.
- 15. Save your next five grocery receipts. Ask your child to calculate the average amount you spent on food.
- 16. Have your child research historical events that happened on July 16.
- 17. Does your child have a strong opinion about something? Encourage your student to find facts that support that point of view.
- 18. Have your child compare the prices of two sizes of the same product. Which is the better buy?
- 19. Write a note. Scramble the letters of each word and challenge your child to decode it.
- 20. Give your child the facts about sex—and discuss how your values relate to the facts.
- 21. Discuss the importance of thinking things through before making decisions.
- 22. At dinner, have family members say something nice about each person at the table, including themselves.
- 23. Ask your child to share the funniest thing that happened today.
- 24. Watch a movie with your child. Discuss the setting, plot and characters.
- 25. Let your child stay up a little later tonight to read in bed by flashlight.
- 26. Read a letter from an advice column aloud. Then ask everyone to take a turn being the advice columnist.
- 27. As you drive, talk about traffic safety with your child.
- 28. Introduce your child to historical fiction. It's a great way to put a human face on history.
- 29. Get up early and watch the sunrise with your child.
- 30. Help your child do something for a neighbor in need. Community service teaches kids that they can make a difference.
- 31. Listen to classical music together today. How many instruments can your child identify?

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# August 2022

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

- 1. Help your child make plans to achieve unmet summer goals.
- 2. Children know their shortcomings. They need you to remind them of their strengths.
- 3. Challenge your child to create a graphic novel version of a summer reading book.
- 4. Kids often tell you as much through behavior as through words. "Listen" to your child's body language.
- 5. Can your child tell a *metaphor* (you are my sunshine) from a *simile* (the star is like a diamond)? Look the terms up in the dictionary together.
- 6. Help your child re-establish school year bedtime and wake-up routines.
- 7. Make up questions about news articles. Use a timer to see how fast your child can read the articles and find the answers.
- 8. Will your child need supplies for school? Get a list of what's needed. Ask your student to look at ads and find the best buys.
- 9. Help your child establish a "study nook" for the new school year.
- 10. Make sure you are signed up to receive communications from the school. If you need help, call the office.
- 11. Encourage your child to take a stand against cruelty. Discuss the importance of treating everyone with respect.
- 12. Talk with your child about the things you did this summer. What are three things you'll each remember?
- 13. Together, figure out your heart rates. Have your child count beats for 15 seconds, then multiply by four to get beats per minute.
- 14. Talk about your family's fall routine. Make plans to eat at least one meal a day together.
- 15. Praise your child's responsible behavior.
- 16. Teach your child to use positive self-talk. Phrases such as "I can do this" help keep kids motivated.
- 17. Keep a bowl of crunchy sliced vegetables in the refrigerator. If you make it easy, your child may eat more healthy foods.
- 18. Ask your child to track the prices of two grocery items for a month. What is the trend?
- 19. Encourage your child to use sticky notes to write things to remember.
- 20. Look for a skill you and your child can learn together. It's a fun way to get to know your child on a new level.
- 21. Review the highs and lows of the last school year. Discuss with your child ways this year could be better.
- 22. Ask your child's advice about a problem you are facing.
- 23. Make a family bulletin board. Post school information there.
- 24. Teach your child to trust gut feelings. If your child thinks a situation may get out of hand, it's best to avoid it.
- 25. Remember to recognize your child's effort and progress—not just results.
- 26. Compliment something about your child's appearance today.
- 27. Explore an old cemetery together. Talk about the time periods on the headstones.
- 28. Enjoy some physical activity with your child today.
- 29. Say that you truly believe that your child can be a successful student.
- 30. Find quotations that will motivate your child. Post one on the bathroom mirror.
- 31. Say to your child, "If there's anything you want to talk about, I'll listen."

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