

# Daily Learning Planner

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

Windsor-Essex Catholic School Board  
Parent Involvement Committee



THE  
**PARENT**  
INSTITUTE®

## 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."