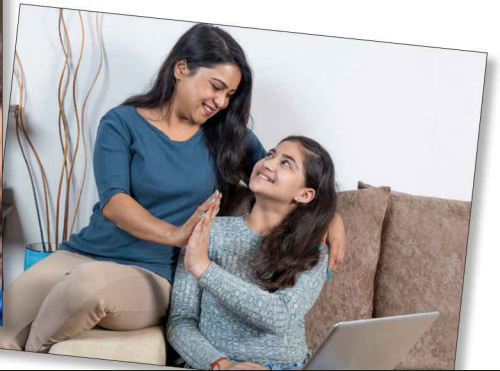


Daily Learning Planner

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

Wilkes-Barre Area School District
Title I Federal Programs



THE
PARENT
INSTITUTE®

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

- ☐ 1. Make an appointment to spend time with your teen this month. Write it on your calendar.
- ☐ 2. It's not that teens *can't* read—it's that most *don't*. Challenge your teen to read about a topic of interest.
- ☐ 3. Ask your teen, "What do you think makes a friendship work?"
- ☐ 4. If you're making a major purchase, let your teen do research. List features that are important, and ask your student to investigate options.
- ☐ 5. Encourage your teen to combine exercise and learning by listening to an audiobook while working out.
- ☐ 6. Talk with your teen about how each of you could improve your listening skills.
- ☐ 7. Will your teen apply for a summer job? Encourage asking teachers or staff at school now for permission to list them as references.
- ☐ 8. Take a look at your teen's attendance and make sure it's not slipping!
- ☐ 9. Learn to play a new sport or game with your teen.
- ☐ 10. Have your teen pick three free or inexpensive places within driving distance that would be fun to visit. Make plans to do so together.
- ☐ 11. As you shop with your teen, discuss impulse buying. Point out ways that stores encourage this.
- ☐ 12. Discuss the importance of alerting an adult if your teen witnesses an episode of bullying, in-person or online.
- ☐ 13. Look for an opportunity for your teen read to a young child. It's a good reminder of how important—and fun—reading is.
- ☐ 14. Compliment something about your teen's appearance today.
- ☐ 15. Go to your teen's school events. Spending time on the sidelines or in the audience shows how important your teen—and school—is to you.
- ☐ 16. Is your teen having a problem at school? Have your student brainstorm ways to solve it—without your help.
- ☐ 17. Talk about the character traits your teen has that will be valuable in the workplace, and why.
- ☐ 18. Invent a recipe with your teen. If it doesn't work, try to fix it.
- ☐ 19. Celebrate National Bike Month by having your teen review the "rules of the road."
- ☐ 20. Does your teen object to a family rule? Let your student state the case.
- ☐ 21. Encourage honest self-evaluation (*I could do better if I studied every day*) and discourage harmful self-criticism (*I'm so stupid*).
- ☐ 22. Allow your teen to take over some life-management tasks, such as making medical appointments.
- ☐ 23. Talk with your teen about ways to resolve conflicts without violence.
- ☐ 24. Encourage your teen to be a humble winner and a gracious loser.
- ☐ 25. Plan a special activity to celebrate the end of the school year.
- ☐ 26. Teens need time alone with their thoughts. Suggest screen-free activities your teen can do alone—crafts, reading, listening to music.
- ☐ 27. Ask your teen, "What assignments from this school year do you think you will remember five years from now?"
- ☐ 28. Discuss the fact that things don't always work out the way we plan—and that's OK. What matters is learning and growing.
- ☐ 29. Have your teen set some specific learning goals for the summer.
- ☐ 30. Share stories that convey your family's values and why you hold them.
- ☐ 31. Help your teen reframe negative thoughts such as, "I can't do this problem," by adding the word *yet* at the end.