

Daily Learning Planner

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



THE
PARENT
INSTITUTE

December • January • February 2017-2018

December 2017

- 1. Cut out pictures of people from a newspaper. Ask your child to make up a story about each picture.
- 2. Visit the library with your child. Check out a book about science.
- 3. Post a list on your refrigerator of contact numbers your child should call in an emergency. Role-play what to say.
- 4. Have a contest with your child. Who can name the most parts of the body? (Organs count, too.)
- 5. At breakfast, find an interesting word in the dictionary. Challenge family members to use it three times during the day.
- 6. Save the seeds from a fruit you've eaten. Help your child plant them in a paper cup and place it on the windowsill. Water and see if they grow.
- 7. Use math to give your child instructions. For example, ask him to pick up $3 + 2 + 1$ toys.
- 8. Have your child put a leafy stalk of celery into colored water. Watch the color rise into the stalk over the next week.
- 9. Ask a librarian to recommend some award-winning books.
- 10. Bake cookies with your child. If you're doubling a recipe, have your child do the math.
- 11. Trace around your child on a big piece of paper. Have her research and draw what her insides look like.
- 12. Ask your child to estimate how many times he blinks in a minute. Then, check to see!
- 13. With your child, think of examples of *onomatopoeia* (words that sound like what they mean), such as *buzz*, *smash*, *hiss* and *thump*.
- 14. Talk with your child about healthy ways to handle stress.
- 15. Teach your child to make paper snowflakes. Decorate your windows.

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

- 16. Spend some one-on-one time with your child today.
- 17. Enjoy some physical activity as a family.
- 18. Assign a letter to each day of the week. With your child, plan daily menus featuring foods that start with that day's letter.
- 19. Pay your child a specific compliment today.
- 20. Ask your child to measure the dimensions of objects in your home.
- 21. Tonight is the longest night of the year. Give everyone in the family a flashlight so they can read in bed.
- 22. Do a craft project with your child. Perhaps she can give it as a gift.
- 23. Ask your child to help you make dinner.
- 24. Read a book that you and your child can both enjoy.
- 25. Have your child talk to older relatives about their childhood days.
- 26. Talk to your child about the importance of writing thank-you notes.
- 27. Encourage your child to talk with a student who is home from college about what college is like.
- 28. Play Concentration together using math flash cards. Problems with the same answer (9×2 , $15 + 3$) make a pair.
- 29. Help your child write and mail a letter to a friend.
- 30. Notice trees with your child. Which are *evergreen*? Which are *deciduous* (trees that shed their leaves)?
- 31. Help your child make a timeline of the past year.

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ELEMENTARY SCHOOL

January 2018

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- 1. With your child, read the label on a food your family eats. How much nutrition does it provide? How much sugar is in it?
- 2. Make a list of favorite activities you did with your child last year. Schedule time on the calendar to do some again this year.
- 3. Talk with your child about things we get from plants (food, clothing).
- 4. Pick a category, such as vehicles. Let your child pick a letter. How many items in the category can you each name that begin with that letter?
- 5. Make a chore chart with your child. List chores he's responsible for and when they should be completed.
- 6. Put an assortment of objects on a tray. Have your child look at them, then close her eyes and name as many as she can remember.
- 7. Hold a family meeting. Discuss everyone's goals and achievements.
- 8. Help your child find fractions in the newspaper. Which sections have the most fractions?
- 9. Have your family try eating with chopsticks tonight.
- 10. Post a new vocabulary word and its definition on the bathroom mirror your child uses. Change it every three or four days.
- 11. How many farm animals can your child name?
- 12. Ask your child what he thinks he is good at and why.
- 13. What skill would you and your child like to learn? Check out a how-to book or video.
- 14. Have your child alphabetize things, such as books or spices.
- 15. Ask your child to close her eyes and describe sounds that she hears.
- 16. Avoid overscheduling. Kids need downtime to think, imagine and play.

- 17. After dinner, have a family sing-along. Ask family members to share their favorite songs.
- 18. Ask your child what he would do if he were invisible for a day.
- 19. It's National Soup Month. Make soup with your child—and enjoy the book *Stone Soup* together.
- 20. Ask your child to help you organize something, such as a closet.
- 21. Challenge your child to invent a delicious drink, such as "banana hot chocolate."
- 22. Have your child pretend to be "Mayor for a Day." Brainstorm ideas to make your community a better place.
- 23. Ask your child to read to you while you cook.
- 24. Start a sentence-a-day story in a special notebook. Have your child add one sentence each day.
- 25. Hunt for treasure. Make a map that will lead your child to a small treat.
- 26. Check in the newspaper or online to see if there's a nearby place you and your child can go skating.
- 27. Teach your child how to take her pulse. Have her jump up and down 15 times and take it again. Has it changed?
- 28. Do a crossword puzzle together. It's a great way to learn new words.
- 29. Suggest that your child write a letter to his favorite living author.
- 30. At the store, have your child figure how much tax you will be charged.
- 31. Watch a nature program on TV together.

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February 2018

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- 1. Play "my day, your day" with your child. Each of you ask questions about the other's day.
- 2. It's Groundhog Day. How many words can your child make from the letters in GROUNDHOG?
- 3. Have your child pretend she's a character from a book. Ask questions until you figure out who she is.
- 4. Start a "chain of hearts." Cut out small hearts. Each day, write a reason you love your child on one and add it to the chain.
- 5. Check ads for items with prices ending in 98 or 99 cents. Have your child round off and estimate—how much would four of them cost?
- 6. Watch TV with your child. Help him be a critical viewer by asking him questions about what he sees. Would he do what the character did?
- 7. Test your child's observation skills. Can she describe someone that just passed her on the street?
- 8. Choose a recipe from another country or culture. Prepare it together.
- 9. Make today punctuation day. See how many types of punctuation you and your child come across. What does each do?
- 10. Talk with your child about a recent choice you have made and its consequences.
- 11. Get in the habit of using Sunday nights to talk with your child about the week ahead.
- 12. Do "body arithmetic." Ask your child how much his fingers, knees, toes and nose add up to.
- 13. When your child brings home a test, talk about what she got right before discussing her errors. What can she learn from both?
- 14. With your child, learn how to say "I love you" in three other languages.

- 15. Look at car ads in the newspaper or online. Encourage your child to design and name a new car.
- 16. Play a game that uses math skills, such as Go Fish or Gin Rummy.
- 17. Help your child turn snapshots of family members into a mobile. Hang it where everyone can see it.
- 18. When your child comes home, have him draw something that he did in school. Then talk about it.
- 19. Help your child start a family newsletter.
- 20. Save old socks to make puppets with your child. Encourage her to put on a puppet show.
- 21. Have your child rank homework assignments in order of priority.
- 22. It's the birthday of George Washington. Help your child learn a new fact about this famous president.
- 23. Have your child draw a window picture. He can look out the window and draw what he sees!
- 24. Set aside time today to work on a hobby with your child.
- 25. Have a silent supper. During dessert, have family members share what they were thinking about.
- 26. On a map, have your child find countries her ancestors came from.
- 27. Talk with your child about courage and people who exemplify it.
- 28. At bedtime, allow a few minutes after the light is off for a quiet conversation with your child.

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