

Daily Learning Planner

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

Clovis Unified School District



THE
PARENT
INSTITUTE®

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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.