

# Daily Learning Planner

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

Belle View Elementary School  
Fairfax County Public Schools



THE  
**PARENT**  
INSTITUTE®

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

- 1. Create and keep a family journal. Everyone can share thoughts, reminders and accomplishments.
- 2. Count down to a special event. Use paper strips to make a chain, with one link for every day. Let your child remove one link each night.
- 3. Ask your child to write your shopping list before you go to the grocery store.
- 4. Make today Dictionary Day. Talk with your child about new words that she thinks should be in the dictionary.
- 5. Ask your child to choose a country and learn more about it.
- 6. Make an "I Am Special" scrapbook with your child.
- 7. Build a house of cards with your child. Challenge him to make the base as stable as possible.
- 8. Ask your child to name a low-cost activity that she would like to make an annual family tradition. Then start it!
- 9. Have an indoor snowball fight with cotton balls.
- 10. Holidays have you stressed? Ask your child to help. As kids share the responsibility, they appreciate the outcome even more.
- 11. Let your child blow up a balloon and then pop it. Together, research why it makes a loud noise.
- 12. Give your child a piece of paper to decorate using paint and sponges. Use his finished design to wrap a gift for a loved one.
- 13. Look online or at the library for a chart of the phases of the moon. Together, compare what you see each night to the chart.
- 14. Help your child clean out her closet and pass on gently-used toys or clothes to other families.
- 15. Have your child design a new cover for a much-loved book.
- 16. Ask your child to name his favorite thing about you.
- 17. Teach your child how to change the batteries in a flashlight.
- 18. Wash hands with your child before each meal. Talk about the importance of frequent hand washing.
- 19. Help your child make flash cards for vocabulary words.
- 20. Talk about how animals survive the winter months. What do bears do? How about birds?
- 21. Discuss ways you use numbers at home every day, such as when paying bills or setting the kitchen timer.
- 22. Tell your child a story about yourself when you were her age.
- 23. Challenge your child to make music by strumming on stretched rubber bands.
- 24. Create a word search by hiding words in a grid and surrounding them with random letters. Let your child find the words.
- 25. Listen to music in the dark together and concentrate on the sounds.
- 26. Emphasize the importance of writing thank-you notes for gifts.
- 27. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- 28. Discourage sibling arguments by having your children switch sides when they disagree.
- 29. Ask your child *how* and *why* questions to give him experience answering questions that require reasoning.
- 30. Ask family members, "If you were an animal, which animal would you be and why?"
- 31. Measure your child. How much did she grow this year?