

# Daily Learning Planner

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



THE  
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INSTITUTE®

September • October • November 2023

## September 2023

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

- 1. Make an appointment to spend time with your child this month. Write it on your calendar.
- 2. Have a “goodbye to summer” picnic today. Talk with your child about the great times you had together over the summer.
- 3. Name different types of punctuation with your child.
- 4. A nutritious breakfast helps kids learn. Be sure your child starts the day with a healthy breakfast at home or at school.
- 5. Help your elementary schooler set a learning goal. Write down the steps your child will take to reach it. Post it in a visible spot.
- 6. Find out about upcoming events for families at school. Plan to attend as many as you can.
- 7. Select a spot in your home to display your child’s best schoolwork. Change the display often.
- 8. It’s International Literacy Day. Talk about why reading is important and schedule a daily read aloud-time with your child.
- 9. Assign a place to keep important school papers—a box, basket or folder.
- 10. Review the school rules with your child. Say that you expect your child to follow them.
- 11. Ask your child to tell you a story.
- 12. Watch the news together. Help your child use a world map to locate one place that was mentioned.
- 13. Start a family savings plan for a special goal. Discuss how your family can reach the goal together.
- 14. Write your student’s name vertically. Have your child use each letter to begin a line of a poem.
- 15. As a treat, let your child stay up 30 minutes late to read in bed.
- 16. A planning calendar can help your child stay organized this school year. Get or make one together.
- 17. Give family members some marshmallows and uncooked spaghetti. See who can build the tallest tower.
- 18. Find something small enough to fit in a pocket. Have your child write a story about it.
- 19. Ask your child to tell you about one thing the class learned about in school today. Share one thing you learned.
- 20. Let your child see you keep your temper when you are angry. Calmly talk about how you feel instead of yelling.
- 21. Review spelling or vocabulary words with your child tonight.
- 22. Play board or card games as a family.
- 23. Visit an interesting place in your town. Then ask your child to create an advertisement to tell others about it.
- 24. Have each family member write a funny sentence. Put them together to make a story.
- 25. Draw a picture with your child. Hang it on the refrigerator.
- 26. If you haven’t met your child’s teacher yet, make plans to do so. Talk about your visit with your child.
- 27. At dinner, have family members share the best and worst parts of their days.
- 28. Ask your child to calculate the average age of family members. Add up ages, then divide by number of family members.
- 29. Ask your child, “What is one thing that makes you feel really excited?”
- 30. Visit the library with your child. Check out a book about science.

# October 2023

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- 1. Time different activities you and your child do today.
- 2. Try a geography challenge with your family. Name a state, province or country. Who can call out the capital first?
- 3. Have your child shape an animal out of five pipe cleaners.
- 4. Have a word of the day. Challenge each family member to use it in a sentence. Make this a daily habit.
- 5. Quiz one another on math facts at the dinner table tonight.
- 6. Help your child find out what's inside a seed. Soak a dry bean overnight, remove the coat and pull the halves apart.
- 7. Make up a song featuring your child's name.
- 8. Today is the anniversary of the Great Chicago Fire of 1871. Develop a family plan in case of a fire in your home.
- 9. It's National School Lunch Week. Talk with your child about nutritious food choices.
- 10. Have a contest: How many words can you and your child make from the letters in OCTOBER?
- 11. Let your child glue craft sticks together to make a picture frame, then use markers to decorate it.
- 12. Have your elementary schooler rub two stones together for 30 seconds. Can your child feel the heat generated? This is caused by *friction*.
- 13. Help your child create a joke collection. Give your child a notebook to fill with jokes you both hear or read.
- 14. Ask your child to choose a country and learn more about it. Help find books about the country at the library.
- 15. Compliment something your child did well today. Make your praise as specific as possible.

- 16. Keep a stash of books in a tote or in your car so your child has something to read when you are on the go.
- 17. Ask your child to write step-by-step directions on how to do something. Follow the directions exactly. Was anything missing?
- 18. Have a contest: Who can name the most parts of the body? (Organs count, too.)
- 19. Get some exercise with your child. Pick an activity you both enjoy, such as kicking a ball around.
- 20. List three of your child's successes this week. List three of your own. Post the lists where you both can see them.
- 21. Have family members change seats at breakfast. Everyone pretend to be the person who usually sits in that chair.
- 22. Make up a secret code with your child. Use it to write notes this week.
- 23. Plan a family trip to a nearby museum.
- 24. Start a sentence-a-day story. In a special notebook, have your child write a story by adding one sentence each day.
- 25. Teach your child how to prepare a healthy after-school snack.
- 26. With your child, learn to say *hello* in two other languages.
- 27. Challenge your child to fold a piece of paper into a usable cup.
- 28. Read a book aloud that you and your child can both enjoy.
- 29. Give your child some string and a button. Can your student thread the string through the button holes and make the button spin?
- 30. Play a game of Concentration using fractions. Fractions with the same value make a pair, such as  $1/2$  and  $2/4$ .
- 31. Talk about the importance of saying *please* and *thank you*.

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- 1. Make a school project kit with your child. This can prevent last-minute shopping trips for supplies.
- 2. Look for a book to read together that describes holidays around the world. Choose a new holiday to observe, or invent one.
- 3. Ask your child, "Who is the nicest person you know?"
- 4. Resist the urge to schedule every minute for your child. Kids need some downtime to think, imagine and play.
- 5. Challenge your child to determine the direction of the wind by watching things blow.
- 6. Talk with your child about mistakes. How can people learn from their mistakes?
- 7. Help your elementary schooler make a list of items in a category, such as *vegetables*. Then have your child put them in alphabetical order.
- 8. When you watch shows together, ask your child questions: "Was what that person did a good idea?" "What would you have done?"
- 9. At the store, challenge your child to use a calculator to keep a running total of purchases.
- 10. Have a music-sharing night. Share your favorite music with each other. Talk about how it makes you feel.
- 11. Have your child tap on one cheek with two fingers while making different mouth shapes to get different sounds.
- 12. Think of trivia questions about your family. Quiz one another at the dinner table tonight.
- 13. Make a jigsaw puzzle with your child. Glue a picture onto cardboard. Cut it into puzzle pieces.
- 14. Take turns reading aloud with your child.

- 15. Show your child pictures of three different people doing different things. Ask your child to make up a story about each person.
- 16. At dinner, have each family member say something nice about every person at the table.
- 17. Make sock puppets with your child and put on a puppet show.
- 18. Ask your child, "If you were the mayor, what three things would you do to make our community a better place?"
- 19. Look for volunteer opportunities for families. Let your child choose what you'll do.
- 20. Write an encouraging note to your child.
- 21. At the grocery store, ask your child to estimate how much certain foods weigh, then weigh them to find out.
- 22. Help your child make a personal dictionary with spelling or vocabulary words.
- 23. Make a list of all the things that make your family members thankful.
- 24. Ask your child, "What do you think is the best job in the whole world?"
- 25. Let your child quiz you about topics the class is learning in school.
- 26. Create a word search by hiding words in a grid and surrounding them with random letters. Let your child find the words.
- 27. Ask your child to help you plan a fun activity.
- 28. If your child could be any famous person from history, who would it be? Why?
- 29. Role-play a situation with your child, such as how to handle peer pressure to cheat.
- 30. It's the birthday of Mark Twain. Read a Twain short story together.

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