Middle School

Daily Learning Planner

Ideas families can use to help students do well in school

Jackson City School District



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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. Have your child play a favorite song. Listen to the lyrics and discuss what you hear.
2. Review the consequences for breaking family rules. Understanding consequences in advance can discourage kids from misbehaving.
3. Challenge your child to run a 30-yard dash. Time the run and encourage your middle schooler to keep practicing to get faster.
4. Help your child set a specific goal and plan steps to take to reach it.
5. Review what your child should do in case of a fire in your home.
6. Each evening, have your child place items that go back to school by the door. This prevents frantic searches in the morning.
7. Talk with your middle schooler about one of your values. Family opinions do matter to kids.
8. Look at a newspaper with your child. Discuss which articles look interesting and read one together.
9. Say "I love you" to your child at least twice a day. Before and after school are ideal times.
10. Make a list of healthy breakfast-on-the-go foods your child can grab on the way out the door before school.
11. Have your child help you research a major family purchase. List important features and ask your child to find the best deal.
12. Make eye contact while your child talks to you. This shows that you're paying attention.
13. Ask your middle schooler to think of several places where it would be interesting to volunteer. Have your child call each to ask for information.
14. Go to the library with your child. Each of you check out a book.
15. Ask what qualities your child looks for in a friend.
16. Talk with your child about whether classes are challenging enough.
17. Give your child some graph paper to use when doing math. It helps students keep columns of numbers neat.
18. Take your child to a high school sporting event. Talk about your middle schooler's goals for high school.
19. Talk with your child about the pros and cons of social media use. Monitor your child's activities online often.
20. Ask your child's opinion about something, and what led to it. Listen respectfully before sharing your own opinion.
21. Brainstorm ideas together for a delicious new flavor of ice cream.
22. Ask your child, "How is your life outside of school going?"
23. Play a memory game with your child. Try to remember the things you each did the day before yesterday.
24. Notice things that cause your child stress. Discuss ways to ease stress, such as exercise, deep breathing and talking problems through.
25. Choose a movie based on a book. Read the book as a family, then watch the film.
26. At dinner, have family members take turns naming three things they are thankful for.
27. Talk about stereotypes with your child. Discuss why they're unfair.
28. Take a look at your child's study spot. Is the space organized and free of distractions?
29. Encourage your child to make daily to-do lists. After completing each item, your student should check it off.
30. Ask your child a specific question about school, such as "Which class is your favorite?"

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