

Daily Learning Planner

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

Santa Cruz Valley Union High School



THE
PARENT
INSTITUTE®

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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. Show your teen how to use a picnic grill safely.
2. Have your teen take stock of basic school supplies like pens, pencils and paper and make a list of what's needed to be ready for school.
3. Look for a movie that's based on a book. Read the book with your teen before seeing the film.
4. Ask for your teen's thoughts about education or a career after high school. Listen and ask follow-up questions.
5. Use new words in conversation to help your teen increase vocabulary. Curiosity may lead your student to the dictionary.
6. Challenge your teen to invent a new sandwich recipe that doesn't use bread.
7. Encourage your teen to invite a school friend over for dinner.
8. Work with your teen on a small home-improvement project that involves math skills like measuring or calculating.
9. Let your teen make a decision for your family today, such as whether to eat dinner inside or outside.
10. Suggest that your teen experiment with origami. Your high schooler can find instructions in a library book or online.
11. Ask if your teen has made any new friends lately.
12. Pick a novel to enjoy as a family. Take turns reading chapters aloud.
13. Help your teen find a well-lit study area and a place to keep supplies for the coming school year.
14. Give your teen opportunities to research and learn, such as by comparing brands of products your family uses.
15. Ask your teen to help you organize your kitchen cabinets. Discuss why it makes sense for certain things to go in certain places.
16. Is your teen getting enough exercise? Take a brisk walk together today.
17. Take your teen to work with you, if possible. Demonstrate various tasks you perform.
18. If your teen has a part-time job, insist on saving some earnings for post-secondary education or other future plans.
19. Encourage your teen to tackle healthy challenges in the coming school year, like taking a difficult course or trying to meet new people.
20. Write upcoming school events on your family calendar. Make plans to attend as many as you can.
21. Go window shopping—just to look, not to buy—with your teen. You may learn things about each other.
22. Give your teen a planner to keep track of school assignments, activities and commitments.
23. Talk about the school year ahead. What does your teen want to achieve?
24. Encourage your teen to send a postcard of a summer activity to a friend or relative.
25. Have your teen look at a restaurant menu and calculate the cost of a meal, plus tip.
26. Challenge your teen to learn a magic trick and perform it for your family.
27. Encourage your teen to participate in an extracurricular activity related to a personal interest.
28. Start having weekly family meetings. Talk about family plans and news.
29. Help your teen develop a list of abbreviations to use when taking notes.
30. Watch a TV game show together. Play along and keep score.
31. Ask your teen, "What one thing would you like to do differently in school this year?"