

Note: Fill in the month and dates, and post this calendar on your refrigerator. Then, encourage your child to do an activity a day.

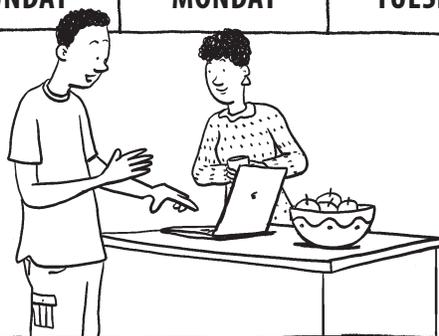
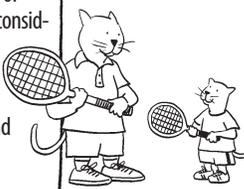
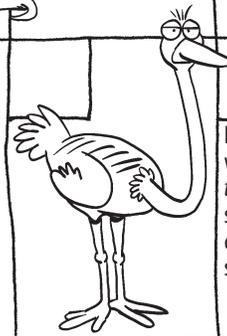
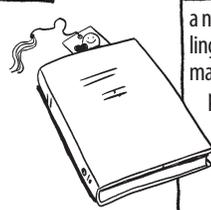
High School Years Daily Calendar

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Encourage everyone to read more by holding a regular family reading night. Have each person get a book and meet in the living room. Share passages that you think are well-written or that make you laugh.</p>	<p>Hold a family brainstorming session. Maybe you'll plan a weekend outing or decide how to organize the garage. Build on each other's suggestions to come up with even better ideas.</p>	<p>Take turns rolling a pair of dice twice. After your first roll, predict if your second roll will be higher or lower. If you're right, add the second number to your score. If not, add 0. The first player to reach 100 wins.</p>	<p>Record your family for a day. You could take a video or snap photos of everyone enjoying meals, doing chores, and hanging out. Share the video or slide show tonight.</p>
<p>Get a copy of the periodic table, and go on a treasure hunt for the elements. <i>Examples:</i> helium in a balloon, aluminum foil, sodium in the saltshaker.</p>	<p>Write a short "Twitter tale." It must have no more than 280 characters (counting spaces), and include a beginning, a middle, and an end. <i>Tip:</i> Look online for "Twitter fiction" for inspiration.</p>		<p>Have a kitchen "science fair." Family members might explore polymers by making slime or use physics to launch marshmallows across the table.</p>	<p>Show empathy by doing a chore for a busy family member. You could tell a parent, "I know you have a lot of work to do. I'll fold your laundry."</p>		<p>Learning another language is fun! Write words for household objects on sticky notes, and attach them to the items. Then, your family can use the words in conversations.</p>
<p>Plan ahead to stay safe at parties. Think about what to say if you're offered alcohol, and decide who you'll call or text if you feel unsafe or need a ride home.</p>	<p>Everything has a history, from animation to bubble wrap. Research the origins of a product you used today by reading about it in library books or online.</p>	<p>Create a spreadsheet to compare prices for items you want or need. You'll build financial literacy—and become a responsible consumer—by shopping around for the best deals.</p>		<p>It's never too early to research college scholarships. Ask your school counselor for reliable sources, and start a list of scholarships that would be a good fit for you.</p>	<p>Pick a country to follow in the news. You'll not only learn about current events, you'll also discover facts about culture, geography, and government.</p>	<p>Start a book club with friends. Vote on a book to read and discuss each month. Bring questions that you think will get everyone talking.</p>
<p>Look for STEM videos online. Pick a project to try, such as building a hovercraft or launching a straw rocket. Then, test it, and redesign to make the hovercraft hover longer or the rocket go higher.</p>		<p>Celebrate Earth Day every day! Pick up litter, bike or walk instead of driving, and check labels to find Earth-friendly products.</p>	<p>Start a "list journal"—a notebook of bulleted lists. <i>Ideas:</i> favorite books, states or countries you've visited, outdoor activity ideas, animals you've seen in person.</p>	<p>Be a "wordie." Grow your vocabulary by going online to learn new words and definitions added to the dictionary. Recent additions: <i>unicorn</i> (not the magical animal), <i>pickleball</i>, <i>cryptocurrency</i>.</p>	<p>Pay it forward. Put an extra quarter in a parking meter, or pay someone else's toll. It's satisfying to do good deeds without expecting anything in return.</p>	
<p>Find the geometry in your favorite sport. For instance, how does the angle of a soccer kick affect the likelihood of making a goal? Experiment to find out.</p>	<p>Use teamwork to cook dinner. Plan a menu, and give each family member a job. For lasagna, tasks might include boiling noodles, preparing the cheese mixture, and browning the meat.</p>	<p>Choose a story or poem you wrote that you're especially proud of. Search online for "writing contests for teens," and submit your work for consideration.</p>	<p>Learn "adulting" skills by offering to be the family repair person. You're responsible for fixing things or putting together items that require assembly.</p>			

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			Use a free website or app to learn coding. Create a simple computer program, and share it with family members.	Write a letter to the editor on an issue you care about. For instance, maybe you believe your town should recycle glass. Include facts to support your opinion.	Practice public speaking with a family poetry jam. Each person can memorize a poem to recite. Make eye contact with the audience, and use good expression.	Challenge family members to be "character scouts." Watch a movie together, and point out examples of traits like generosity, courage, honesty, and respect.
	Who or whom? Use <i>who</i> if the sentence would make sense with <i>he, she, or they</i> in its place. If you need to say <i>him, her, or them</i> , use <i>whom</i> .	Build leadership skills and explore potential careers. For instance, if you're considering becoming a teacher or coach, help a younger sibling learn to read or play tennis. 	Choose a novel in a genre you don't normally read. For instance, if you typically read realistic fiction, try science fiction.	Deal 4 playing cards to each person (ace = 1, face cards = 10). Everyone writes a math problem using the numbers on his cards ($2 \times 9 + 4 + 1 = 23$). The player whose answer is closest to 25 (without going over) wins.	Make a list of things a good sport would say while playing a sport or a board game. <i>Examples:</i> "Way to go!" "Nice shot." "Good game."	
Use yarn and cardboard to make yarn-wrapped letters spelling your name, a slogan, or a favorite team. Decorate your bedroom wall with your artwork. (Search online for "yarn-wrapped letters" for ideas.)	Hold a family lesson night. Each person teaches everyone else something, such as a dance routine, the sign language alphabet, or how to dribble a basketball. 	Set up a charging station for family members' phones. You might decorate a box or basket and place it near an outlet. Everyone can silence and charge their phones during dinner.	At study time, sort material into categories and color-code it. For Spanish vocabulary, you might write food words in yellow, nature words in green, and transportation words in blue.	Write a review of your favorite book, and post it on a teen reading site or goodreads.com . Include details that will help others decide whether to read it. 	Eat lunch for breakfast! <i>Examples:</i> grilled cheese with a side of apple slices, whole-grain wrap with turkey and raw veggies.	
Read song lyrics online and look for poetic devices (metaphors, personification) that you learned about in English class. Then, try writing your own lyrics.	Tour a nearby historic district. Read historical markers and plaques on buildings to learn about local history. Share what you learn with a relative who lives in another town.	Relay race! Give each team a coat, hat, gloves, and scarf. Race to have every team member put on and take off the clothes. The first team to finish wins. 	Boost thinking skills with homemade Pictionary. Write random words (<i>ostrich, whisker, trombone</i>) on separate slips of paper. Take turns choosing a slip and sketching clues.	As a family, nominate books to be made into movies. Defend your choices by explaining why the characters, setting, and plot would work well on the big screen.	Create new emojis. Make a key that shows what each one means, and write a letter to someone that incorporates your inventions.	
Set a family goal, and help each other work toward it. <i>Examples:</i> Waste less food. Spend more time outdoors. Hold regular check-ins to discuss your progress. 	Find opportunities to show kindness. Slip a nice note under a sibling's door. Make a bookmark or bracelet for a parent. Offer to cook dinner tonight.	Sketch plans for a device that uses a chain reaction. For example, engineer an alarm clock that drops a rock onto a lever that launches a hammer onto a bell.	Go on a family hike, and take nature photos. Then, check out a nature guide from the library, and look up plants, animals, and insects to learn their names and facts about them. 			

High School Years

Supporting Your High Schooler



High school is an exciting time, as your teenager faces bigger responsibilities and grows into a young adult. But these years can also bring concerns, like how to drive safely and avoid risky behaviors. Here are ways you can offer support and help your child thrive during the teen years.

teachers are available to answer questions. Let her know you're willing to help, too. You might quiz her on science terms or read a rough draft of an English paper, for example.

Handling responsibilities

With adolescence come new opportunities—and new obligations. Here are ways your high schooler can adjust to responsibilities at home, on the job, and behind the wheel.

Managing schoolwork

Your teen can tackle more challenging classes with these tips.

- **Set goals.** Encourage your child to put goals in writing, along with ways to accomplish them. Maybe she would like to raise her geometry grade by one letter or improve her oral presentation skills. She could study with a classmate who does well in geometry or be a presenter for group projects. Remind her of her goals throughout the year by asking about her progress.

- **Use time wisely.** Good time-management skills can keep your teen on top of her increasing homework load. Suggest that she do a mental “walk through” of her week and figure out when homework will best fit in. Then, she should put it on her schedule and stick with it. *Tip:* Have her glance over her student planner or agenda book at the start of each week so she can plan for quizzes, tests, and projects.



- **Seek support.** A successful student knows when to ask for help. Your high schooler should make sure she has classmates' contact information handy and that she knows what times

- **Transfer routine tasks.**

Gradually have your child take care of more of his own needs. If you normally do his laundry or change his sheets, show him how, and



then give him the job. He might set a phone alert to do it weekly (say, every Sunday night). Then, add new jobs one at a time so he can get used to them.

- **Be work smart.** If you and your teenager decide he will look for a job, talk about how many hours he's allowed to work. He should be up-front with employers about his availability. (“I can work 10 hours per week.”) Once he's hired, evaluate how things are going a month down the road. Is he finishing his homework on time? Does he have time for his extracurricular activities?

- **Ease into driving.** Set limits once your teen has his license so he gains experience safely. You might let him drive only to school or work at first, for example. Also, tell him your rules about wearing a seat belt at all times and never texting while driving (and that includes while stopped at lights). *Idea:* Consider having him sign a safety contract with these rules—if he doesn't follow them, he's not allowed to drive.

continued



Discussing dangers

Research shows teens care what their parents think about risky behavior like drinking, drugs, and sex. Try these ideas for talking to your child.

- **Have regular conversations.** Repeating the same message will help it stick in your teen's mind and keep the door open for discussion. From time to time, ask if he knows anyone who has tried drugs or alcohol, or bring up a teen pregnancy you've heard about. Then, share your beliefs, and explain what could happen. For instance, he might get arrested for drinking or contract a sexually transmitted disease. Let him know you want him to come to you, or to an adult you trust, with questions.
- **Practice responses.** High schoolers sometimes make choices based on impulses and emotions. Help your child make better decisions by encouraging him to think ahead. Role-play what to do if a friend asks for help cheating or offers him drugs, for instance. He might say, "No, that's not a good idea." Or he could suggest another activity. ("Let's go lift weights.")
- **Use positive peer pressure.** Being around peers with wholesome hobbies can keep your teen out of trouble. He could sign up for recreational programs at a community center or join youth activities at your place of worship. Also, brainstorm safe and fun ways he and his friends might spend time together. For example, they could make music videos or use outdoor obstacle courses.

Overcoming stress

Stress is part of life—but one your teen can learn to manage with your help. Consider these ideas.

- **Pinpoint sources.** If she's feeling tense, talk about what may be causing it, and help her think of ways to address it. If she's overwhelmed by a project, she might make a checklist of what she needs to do and focus only on one step at a time.



- **Encourage healthy ways to cope.** Your high schooler will handle challenges better if she takes time to relax. Share ways that you de-stress on busy days (do stretching exercises, read a magazine), and encourage her to think of relaxing activities she could try. She might drink a cup of herbal tea while listening to music, for instance.

- **Watch for bigger issues.** It's normal for teenagers to have mood swings. But if your teen's moodiness or irritability lasts longer than two weeks, she may be suffering from depression or anxiety. Take her to the doctor if you notice that she is isolating herself from friends and activities, complaining of physical problems like headaches or stomachaches, or feeling tired or sad.

Dealing with bullying

Bullying is a problem for too many teens. The good news is that your child can be part of the solution. Share this advice.

- **Set a standard.** Let your high schooler know you expect him to be kind to others. Explain that if he isn't sure whether a comment would hurt someone, he shouldn't say it. Suggest that he ask himself, "Would I act like this if my grandparents or the principal were watching?"
- **Be cyber-smart.** If your child texts or uses social media, tell him to keep his messages and posts respectful. Encourage him to communicate only with others who do so, too. Explain that if someone sends him hurtful or nasty messages, he shouldn't respond, since that could escalate the problem. Instead, he should block the sender and tell you.



- **Take action.** Your child can help stop bullying by speaking up. He should tell a teacher or another adult if he witnesses bullying or if he is bullied. One way to respond to bullying is to stay calm and walk away. He could also reach out to someone who has been bullied to show concern and be a friend.

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