

# Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2017

## Refrigerator Poster

Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the “recipe.”

### READING

#### Family reading fair

Explore settings, characters, and plots by making displays about favorite stories. It's like a science fair—but for books!

**Ingredients:** books, poster board, markers, craft materials

Have each family member choose a book and create a display for it. Your youngster could decorate poster board with illustrations of people, places, and events in the book. He might even add props to his display.



For example, if your child's book is *Winnie-the-Pooh* (A. A. Milne), he might include a stuffed bear, “bees” made out of pipe cleaners, and a drawing of a honey pot.

Tour your reading fair, and let each person use his display to tell everyone about his book.



### ENGINEERING

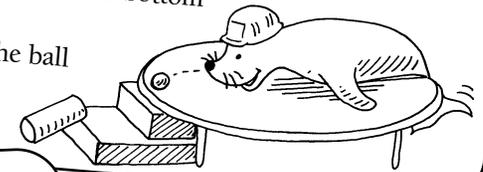
#### Cross the finish line

Get your child thinking like an engineer as she sets up an obstacle course for a ball to go through.

**Ingredients:** empty cardboard boxes, blocks, cardboard tubes, small ball

Let your youngster arrange materials to create a course where a ball can roll from start to finish without stopping. For example, she may stack boxes to make a staircase from the coffee table to the floor. On the bottom step, she might add a block for the ball to hit and bounce off of, changing its direction. Or she could prop a cardboard tube against the bottom stair that the ball will fall into.

Now she can test her design. Does the ball make it to the end? If not, she can redesign the course and test it again.



### ORGANIZATION

With the new year around the corner, help your child create a command center for school-related items. Have her choose a place, such as a corner of her room. Add a hook for her backpack, a box for school supplies, and a small bulletin board where she can hang a calendar, the school lunch menu, and reminder notes to herself.



### HEALTH

Suggest that your youngster make a snack menu with nutritious options like string cheese, grapes, and carrot sticks. He could list the snacks on construction paper and add a description of each (“Red seedless grapes: sweet and juicy”). Hang the list in the kitchen for ideas when he's hungry.



### MATH

#### My book of story problems

Encourage your youngster to solve word problems he finds in everyday life. With this activity, he will practice writing, too!

**Ingredients:** small notebook, pencil

Together, be on the lookout for questions that could be math stories. Maybe he asks you the age difference between him and his cousin, or perhaps he wonders how much change you'll get from your \$5 bill.

Each time he finds a problem, he can write and illustrate it on a page in a notebook. *Example:* “I am 9. My cousin Lisa is 6. How much older am I than Lisa?” (Answer: 3 years, since  $9 - 6 = 3$ ) As he fills up his book, he'll become a pro at solving word problems.



# Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2017

## Character Corner

### VOCABULARY

#### A picture worth 1,000 words

This game will stretch your child's vocabulary as you compete to list the most words you "see" in a picture.

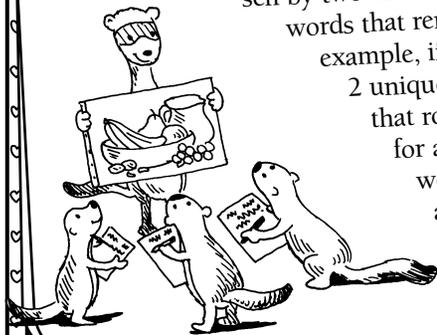
**Ingredients:** timer, photograph or painting, pencils, paper

Set a timer for 2 minutes. Everyone looks at the picture and races to list the nouns they see, such as a *school* or a *person* named *Martin*. (Note: Nouns are people, places, or things.)

When time's up, read your lists aloud, and cross off any chosen by two or more players. Count the words that remain for your scores. For example, if your youngster names

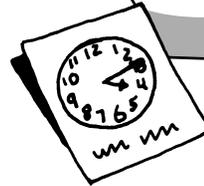
2 unique words, her score is 2 for that round. Play a second round for adjectives (descriptive words) like *blue* or *gigantic*,

and a third for verbs (action words) like *walk* or *frown*. High score after 3 rounds wins.



### TIME

Help your youngster practice telling time by making a daily schedule using clock faces. For each task, draw a clock (without hands) on a sticky note. Your child will add the hands to show the time for the activity and then label the clock ("7:00 p.m., bedtime"). She can post her sticky notes in order on a sheet of paper.



### MUSIC

Plan a family karaoke night to help your youngster discover different styles of music. Encourage each person to learn to sing three songs from different genres. Examples: country, jazz, pop, hip-hop, Broadway, big band. After each performance, family members try to name the style of music.



### APPRECIATION

What is your youngster grateful for? Suggest that he choose something (home, parents) and write a thank-you note. ("Dear house, Thank you for being so warm and cozy.") He'll practice writing thank-you notes as he develops appreciation for what he has.



### SPORTSMANSHIP

Being a good sport means being gracious whether you win or lose. Help your child brainstorm things she can say to her opponent when she wins ("Great game. You were tough to beat!") and when she loses ("Thanks for playing with me—I had fun").



### SYMPATHY

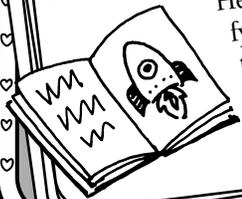
Make a memory jar to help your youngster cope with a loss like the death of a pet. Have him cut hearts from construction paper. He can write a memory on each heart to store in a plastic jar. When he's feeling sad, read the memories together.



### READING

Have your child fold a few sheets of paper in half to make a reading "passport." Whenever he reads a new type of book, he can draw a "stamp" for it and write the title in his passport.

He might draw a magnifying glass for a mystery or a rocket for science fiction. How many different stamps can he collect?



## Congratulations!

We finished \_\_\_\_\_ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

### NATURE

Ask your child to point out things she notices more or less of in the winter than in the summer. For instance, she might see more bare branches but fewer bugs. Encourage her to draw what she sees and compare her winter scene to a summer scene in a book.

