

Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2017

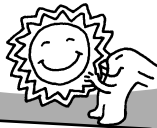
Refrigerator Poster

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

Forecast: Better comprehension

Boost your youngster's reading comprehension by letting him match weather symbols with the correct forecasts.



Ingredients: newspapers, scissors (or Internet access and a printer)

Help your child cut out the weekly weather report from the newspaper (or print it from *weather.com*). Separately, have him cut out the symbols that go with each day's forecast.

Then, mix up the forecasts, and ask your youngster to match each symbol to its report. For example, a forecast of "mostly cloudy" would go with a symbol that has more clouds than sun, while "mostly sunny" would show more sun. He'll practice reading words and symbols as he makes the matches.



TIME

The next time your child watches a movie on TV, see if he can figure out its exact running time. He should write down what time it starts, when each commercial break begins and ends, and what time the movie ends. He'll need to compute the time from beginning to end and then add up the commercial breaks and subtract them from the total.



RHYMING

Help your youngster staple six sheets of paper together to make a rhyming book. Have her write one of these words at the top of each page: *ray, me, fan, pie, ball, hot*. How many rhyming words can she write on each page?

Then, she could make another book with new words to rhyme.



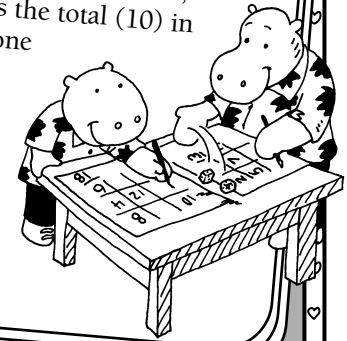
MATH Tic-tac-roll

This game lets your child think strategically while she works on addition.

Ingredients: 2 dice, paper, pencils

Have each player draw a tic-tac-toe grid. The first player rolls the dice, adds the two numbers together (say, 4 + 6), and writes the total (10) in an empty square on her board. Take turns until everyone has a full board.

Next, players add up each column, row, and diagonal separately. *Example:* a row with 2, 5, and 8 = 15. To win, score the most points for a single column, row, or diagonal. Play again, but this time, encourage your youngster to think carefully about where she places each number. How can she get the highest score?



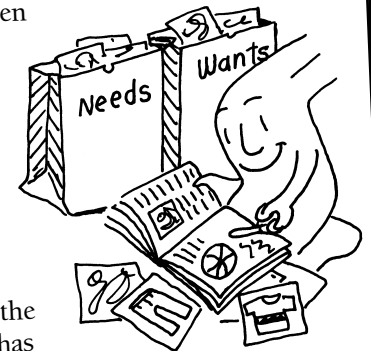
SOCIAL STUDIES Need or want

Give your youngster a stack of old magazines to "shop" for items that people need and those they want.

Ingredients: magazines, scissors, 2 paper lunch bags, marker

Ask your child to tell you the difference between a need and a want. (Needs are things we must have to stay healthy and safe like water, food, and shelter. Wants are things that are nice to have, such as a TV, toy, or cookie.)

Then, let your youngster flip through magazines to cut out pictures of needs and wants. He can sort them into two separate bags. For instance, toothpaste goes in a bag marked "Needs," while a video game goes in the "Wants" bag. When he's finished, which bag has more items?



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Character Corner

POETRY Leaf haiku

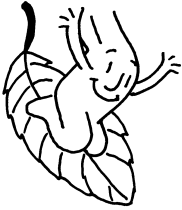
Celebrate autumn with this poetry writing project.

Ingredients: leaves, paper, pencil, crayons

First, take a nature walk for inspiration. Your child can look at leaves on the trees and collect fallen ones.

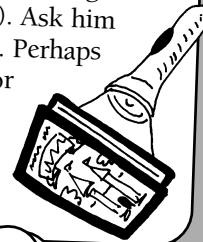
Then, encourage her to write a haiku about leaves. Explain that a haiku is a three-line Japanese poem, often about nature. Lines one and three each have five syllables. Line two has seven syllables. Your youngster might think about the colors, or what autumn reminds her of, as she writes her haiku.

Next, she could illustrate her poem with a leaf rubbing. Let her lay leaves on a table, cover them with a piece of paper, and lightly rub with the side of an unwrapped crayon. Hang up her haiku and leaf rubbing as a fall decoration.



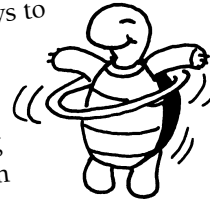
SCIENCE

Your youngster can use a flashlight to see the difference between *opaque* objects (light won't shine through) and *translucent* ones (light will shine dimly through). Ask him to find three of each type. Perhaps he'll spot a book, a pan, or a chair that are opaque, and notebook paper, a white sheet, and a plastic bag that are translucent.



FITNESS

Families used to entertain themselves without computers, TV, and video games. With your child, list at least five ways to have screen-free, active fun. For instance, she could do jumping jacks or twirl with a hula hoop.



MANNERS

Together, brainstorm a word or signal to use if your child forgets his manners. For example, touch your ear to remind him to take his elbows off the dinner table. You'll have a way to prompt him without embarrassing him in front of others.



POSITIVE ATTITUDE

Blow up a balloon, leaving the end untied. Hold it closed while your youngster writes a positive message on it ("Keep trying," "You can do it"), and let it deflate. Make several, and have her choose one when she's feeling down. As you blow up a balloon, she can watch the words grow and read them aloud.



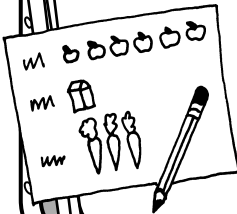
PEACEMAKING

When your children bring an argument to you, try this. Ask each one to explain—from the other's point of view—what happened. This will help them see situations from another perspective.



GRAPHING

Use your grocery list for math practice by having your child turn it into a colorful picture graph. Next to each item, ask him to draw a picture showing how many you need. For example, he would draw 6 peaches beside "peaches." For "milk," he might draw 1 carton.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

CREATIVITY

Let your child create a wind chime from metal objects (old keys, washers). Tie a piece of string to each. Then, poke holes around the edge of a plastic lid. She can put the strings through the holes and knot them. Hang the chime outside to hear the sounds it makes in the wind.

