

Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 2016

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 Boxes of reading

There are things to read all over the place—let your child discover lots of them with this idea.

Ingredients: pencil, paper, penny, reading materials

On a large sheet of paper, have your youngster draw a grid with five rows and five columns. Brainstorm 25 items that can be read in a few minutes. Examples: daily newspaper riddle, haiku from a poetry book, the back of a cereal box, a postcard. Ask your child to write the name of each item in a square.

Each day, take turns tossing a penny onto the grid several times. Together, find and read the items named in the boxes that the penny lands on. When you have read everything on the grid, make a new one.



MATH Measure and graph

Measure up some math fun with this activity for family or friends.

Ingredients: pencil, paper, tape measure

Have your youngster list everyone's name down the left side of a piece of paper. Across the top, he should write several measurements to take for each person (height, length of left leg, diameter of right wrist).

Help him measure each person, writing the results on the chart as he goes. (You can measure him.) Then, he can make bar graphs comparing each set of measurements. Let him use the graphs to report his findings. Who has the longest leg? Which two people are the tallest?



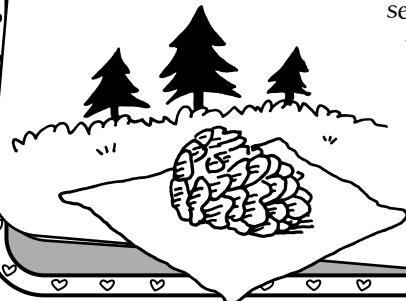
SCIENCE Pinecone surprise

Your youngster will be fascinated to see a pinecone open and close in this experiment.

Ingredients: pinecone, bowl, water, can of soup, paper towel

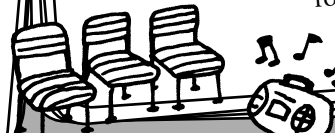
Together, find a pinecone on the ground. Let your child place it in a bowl, cover it with water, and weigh it down with the soup can so it doesn't float. After 15–20 minutes, the cone will begin to close up. Once it's completely shut, your youngster can lay it on a paper towel to dry overnight. The next day, she'll see the cone will be open again!

Why does she think this happens? (You can explain that a pinecone holds the seeds of a pine tree. When it rains, the cone's scales soak up water and bend until they close. The closed cone protects the seeds by keeping them dry.)



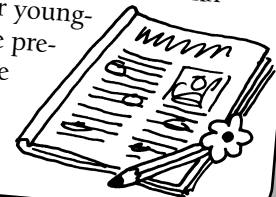
MUSIC

Introduce your child to a variety of music with this musical chairs game. Set out one chair per player. Turn on the radio while players circle the chairs in time to the music. Remove one chair, and turn off the music. Everyone sits down. The person left standing is out. Play again, trying a different station (classical, rock, country) for each round.



LANGUAGE ARTS

Look through a magazine article together for words with prefixes (word beginnings) and suffixes (word endings). For example, *rewrap* is *wrap* with the prefix *re-*, and *careful* is *care* with the suffix *-ful*. Can your youngster find three prefixes and three suffixes?



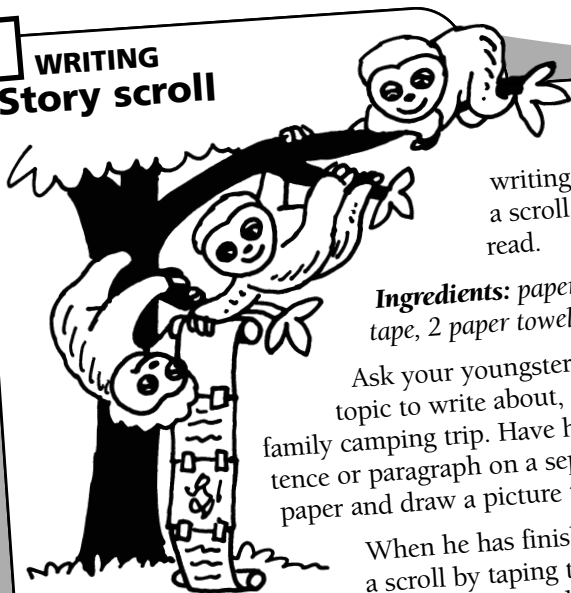
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Character Corner

WRITING Story scroll



Your child can have fun writing a short story on a scroll to roll up and read.

Ingredients: paper, pencil, crayons, tape, 2 paper towel tubes

Ask your youngster to think of a topic to write about, such as a pet or a family camping trip. Have him write each sentence or paragraph on a separate sheet of paper and draw a picture to illustrate it.

When he has finished, he can make a scroll by taping the pages together, in order, into one long vertical strip.

Then, he should tape the top of the first page to one tube and the bottom of the last page to the other tube. Help him roll the pages onto the bottom tube. Now listen as he reads his story aloud, unrolling one scene at a time.

FOLLOWING DIRECTIONS

Give your youngster a chance to tell you what to do. Ask her to explain, step by step, how to complete a simple task. *Examples:* putting on a coat, preparing an ice cream cone. Follow her instructions *exactly*. She'll learn how important it is to be precise!



OBSERVATION

Challenge your child's powers of observation. Draw a silly face. Let him look at it for 10 seconds, and put it away. Have him try to copy your picture as closely as possible. Switch roles, and he can make a drawing for you to copy.



GRATITUDE

Encourage your youngster to make thank-you bags to practice expressing gratitude. Have family members write thank-you notes to put in each other's bags throughout the week. ("Thank you for taking me to the ball game!") Choose a night to read your notes aloud.



TEAMWORK

Show your child how much fun teamwork can be by playing "Beat the Clock." Pick a job you can work on together, such as putting away the groceries. Set a timer for five minutes, and cooperate to finish the job before time's up.



TRUSTWORTHINESS

Read a few newspaper advertisements with your youngster. Are they accurate? Or do they stretch the truth ("The best deal ever!") or leave out important details? Talk about ads that are misleading—and why it's important to tell the whole truth.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

COORDINATION

Make a "tightrope" (about 6 feet long) outside using sidewalk chalk or inside with tape. Ask your youngster to walk the line while reciting a tongue twister over and over ("Six thick thistle sticks," "She sells seashells by the seashore"). Can she make it across without falling off laughing?



MATH

Build your child's mental math skills by having her figure out sale prices. If an item costs \$15.95 and the sign says, "Buy one, get another one half price," suggest that she round the price to the nearest dollar (\$16). Then, she can divide by 2 (\$8) and add \$16 + \$8 to get the total price (\$24 for both items, or \$12 each).

