

Recipes for Success

Practical Activities to Help Your Child Succeed

APRIL 2018

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

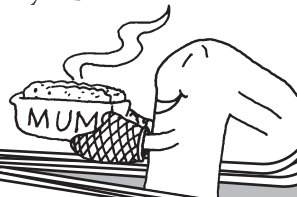
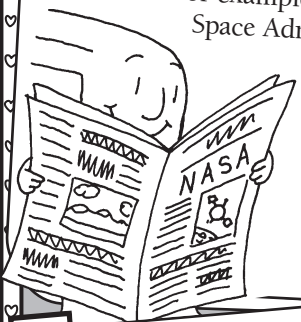
AAA: Absolutely appealing acronyms

With this activity, your children will learn about acronyms—and create some of their own.

Ingredients: newspaper, paper, pencils, timer

Give each person a section of the newspaper. Set a timer for 3 minutes. Search your sections for acronyms, and list as many as you can find. *Hint:* Explain that an acronym is an abbreviation formed from the initials of several words. For example, NASA is the acronym for National Aeronautics and Space Administration.

Trade papers, and try to identify what each acronym stands for. Then, have fun inventing acronyms of your own. Maybe your youngsters will come up with “MUM” for Mom’s Unbeatable Meatloaf!



SOCIAL STUDIES

Family bill of rights

Teach your youngster about the Bill of Rights by making one for your family.

Ingredients: copy of the Bill of Rights (from a history book or the internet), paper, pencil, paper grocery bag, marker

Together, look over the Bill of Rights. Explain that it describes the basic rights of Americans, such as freedom of speech and freedom of the press.

Next, your youngster could ask everyone what would be included if your family had a bill of rights. Have her take notes as family members share ideas (right to privacy, right to help choose family activities). Finally, cut one large panel from a grocery bag, and let your child use the notes to write your family’s bill of rights on it.



GEOMETRY

Speaking of shapes

Can your child spot an octagon? Use this activity to help him recognize shapes he sees every day.

Ingredients: index cards, pencil, crayons

Have your youngster draw a shape (circle, square, rectangle, triangle, octagon) on separate index cards and label each one. An older child might also draw and label solid shapes (sphere, cone, cylinder).

Shuffle the cards, and stack them facedown. Turn over the top card. The first person to think of an object that matches the shape keeps the card. For a circle, your child might shout out “plate” and take the card. For cone, you could say “traffic cone.”



WRITING

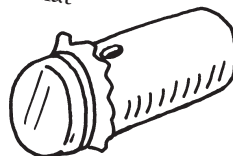
Have your child help you make a more organized grocery list. Together, write down the departments or aisles found in the store (dairy, canned goods, produce).

Name items you need, and ask her to write each one under the correct category.



MUSIC

Let your youngster make his own kazoo. He can cover one end of a toilet paper tube with waxed paper and secure it with a rubber band. Help him use a pencil to poke a hole in the tube near the covered end. To play his kazoo, he should hum into the open end. What happens if he puts his finger over the hole?



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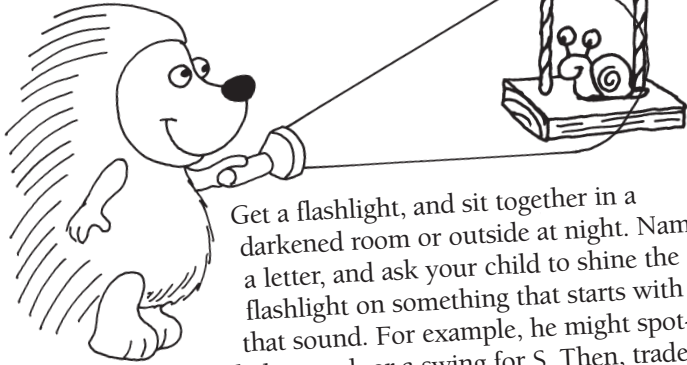
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Character Corner

PHONICS Spotlight on sounds

Beginning letter sounds get the spotlight when your child practices them in the dark.

Ingredients: flashlight

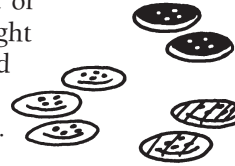


Get a flashlight, and sit together in a darkened room or outside at night. Name a letter, and ask your child to shine the flashlight on something that starts with that sound. For example, he might spotlight a sock or a swing for S. Then, trade roles, and let him say a letter for you to shine a spotlight on.

Variation: Name a short word (*cat*), and have your youngster find objects whose first letters spell it (*couch, apple, table*).

SORTING

How many ways can your youngster sort buttons or crayons? Perhaps she'll separate buttons into small, medium, and large or into four holes vs. two holes. Crayons could be sorted according to color or whether they're light or dark. Your child will learn to look for common traits.



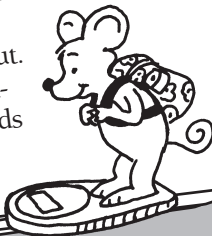
SCIENCE

Have your youngster learn about liquids and solids by "churning" her own butter. Let her pour whipping cream into a jar and screw on the lid. Take turns shaking the jar for about 10 minutes. Explain that the fat and protein molecules in the liquid (cream) are getting closer together, forming a solid (butter).



MEASUREMENT

Does your child know how much his backpack weighs? Have him weigh himself with the backpack and without it. Then, he can subtract the second weight from the first one. Say he weighs 75 pounds with it and 70 without. That means his backpack weighs 5 pounds ($75 - 70 = 5$).



Congratulations!

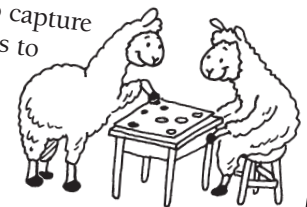
We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

THINKING

Try this idea to build your child's critical-thinking skills. Challenge him to a game of checkers—but instead of trying to capture your pieces, he tries to get you to capture his. The winner is the first player to lose all his checkers.



RESPECT FOR THE EARTH

Celebrate Earth Day with your family this month by finding ways to protect the environment. For instance, you might turn off the water while you brush your teeth or walk to the store instead of driving.



CONCENTRATION

Sit in a circle, and hold a ball. Tell about your day, and roll the ball to someone else. Keep going until everyone has had three turns. Your child will need to pay attention so he'll be ready when the ball comes his way.



COURAGE

Encourage your youngster to try something new that she's hesitant about. Maybe she wishes she could swim but doesn't like getting her face wet. Help her follow through by signing her up for swim lessons.

