

# Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 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

#### Character comparison

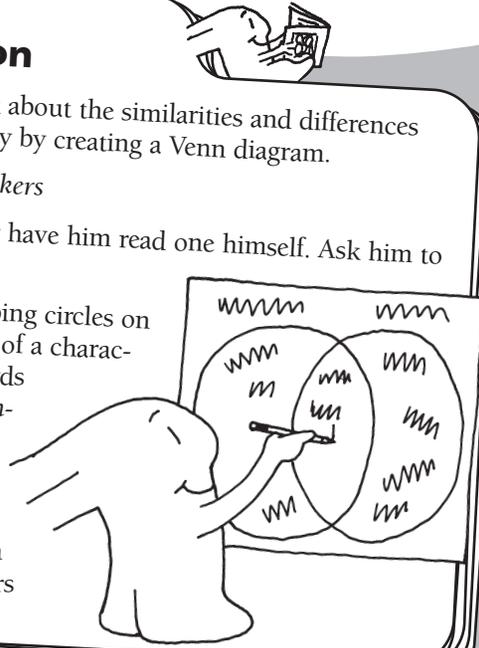
Encourage your youngster to think about the similarities and differences between two characters from a story by creating a Venn diagram.

**Ingredients:** book, paper, pencil, markers

Read a book aloud to your child, or have him read one himself. Ask him to pick two characters to compare.

Then, he can draw two big overlapping circles on paper and label each with the name of a character he chose. Next, he can write words describing each character (*tall, adventurous, lonely*) in the appropriate circle. Features that are similar go in the overlapping area.

Now, let your youngster use his Venn diagram to tell you how the characters are the same—and different.



### MATH

#### Piggy bank jar

Help your child learn that “a penny saved is a penny earned” with this money-saving lesson.

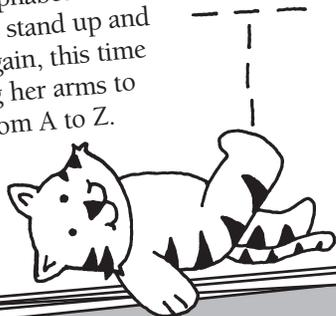
**Ingredients:** pencil, paper, scissors, tape, empty jar, marker, pennies

Have your youngster draw and cut out a piggy bank shape from a piece of paper, label it with today’s date, and tape it to the jar. Over the next week, your child can look around the house for pennies to add to her jar. Suggest that she invite family members to drop in their spare pennies, too. After a week, it’s time for her to dump out the pennies and count them. Then, she can record the amount, put the pennies back in, and save again the next week. She’ll see that over time the pennies add up—especially when nobody spends them!



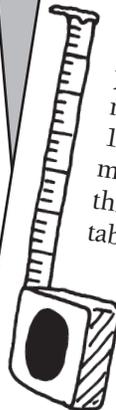
### FITNESS

Here’s a fun way for your child to get physical activity as she practices her ABCs! While lying on her back, she can use her legs to “draw” the alphabet in the air. Then, she could stand up and try again, this time using her arms to go from A to Z.



### MEASUREMENT

A polar bear on its hind legs can stand 9 feet tall. Help your child figure out how many inches that equals ( $9 \times 12 = 108$ ). Then, have him measure the heights of various things around the house (a table, the fish tank) with a measuring tape. How much taller is a polar bear? He can subtract each measurement from 108 inches to find out.



### SCIENCE

#### Sudsy sailing

Your youngster can experiment with science by using dish soap to power a “foam boat.”

**Ingredients:** foam plate, scissors, liquid dish detergent

Let your youngster make a “boat” by cutting a foam plate into a triangle. He should cut a V-shaped notch on one side of the triangle (the back of the boat).

Fill a sink with water. Have your child place the boat in the water. It will float. Then, ask him to put one drop of dish detergent in the water where the V-shaped notch is. The boat will zip across the water!

What happened? *Surface tension* makes the water molecules stick together on top of the water. The soap causes those molecules to separate, reducing the surface tension. As the molecules move away from each other, the boat moves faster.



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## Character Corner

### SPELLING Fishing for words

This version of Go Fish will help your child spell tricky words correctly.

**Ingredients:** 2 dozen index cards, pencils

Together, list 12 pairs of homophones (words that sound the same but have different spellings and meanings). Examples: *ate/eight*, *paws/pause*. Have your youngster write each word on a separate index card.

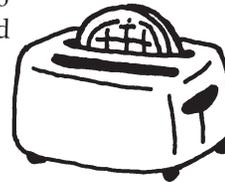
Shuffle the cards, and deal five to yourself and five to her. Stack the rest facedown beside the list. Take turns trying to make a pair. For example, if your child has *peak*, she would ask, "Do you have p-e-e-k?"

If you have the card, give it to her, and she will lay down the pair. If not, say, "Go fish!" and she draws one card from the pile. Then, it's your turn. The first player to get rid of all her cards wins.



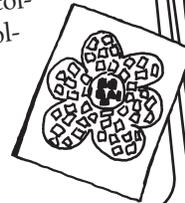
### MULTIPLICATION

Try this "sweet strategy" for multiplication practice. Make a toaster waffle, and ask your child to show you  $4 \times 2$ —in chocolate chips. She would arrange the chips to cover four rows and two columns on the waffle. Now she gets to eat her problem!



### CREATIVITY

Encourage your young artist to create his own mosaics—pictures made of small pieces of tile or other materials. Simply gather colored paper, glue, and a coloring book. He can tear the paper into tiny bits and glue those "tiles" onto coloring book pictures.



### PATIENCE

Some things are worth the wait. Help your youngster become more patient by talking about things that get better with time. For instance, homemade soup is tastier after it simmers. How many ideas can he come up with?



### GENEROSITY

Teach your child to be generous by suggesting that she donate a toy, book, or game to a hospital for patients to use. She can choose a gently used item or save her allowance to buy something. *Tip:* Call your local hospital to ask what kinds of things are needed.



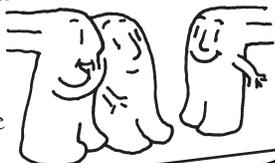
### TRUSTWORTHINESS

Help your child learn about trust with this activity. Cover his eyes with a blindfold (scarf, tie), and steer him through a room safely. Switch roles, and he can guide you next.



### LISTENING

Play this listening game with relatives or friends. Quickly whisper a silly sentence ("Patrick ate 37 plates of green and purple macaroni") in the first person's ear. Have each person whisper it to the next person. The last person announces the line out loud—will he get it right?



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### READING

Audiobooks let your youngster explore more difficult books than she might normally read. At the library, have her choose a couple to listen to in the car or at bedtime. Check out the print versions, too, so she can follow along with the words.

