

Recipes for Success

Practical Activities to Help Your Child Succeed

MARCH 2018

Refrigerator Poster

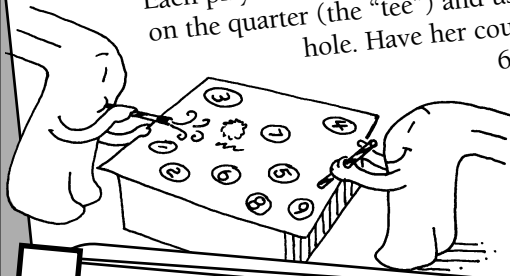
Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the "recipe."

MATH Puff-puff golf

Play tabletop golf to help your child practice subtraction.
Ingredients: quarter, pencil, poster board, cotton balls, straws, paper

Have your youngster trace a quarter to make nine "holes" at random spots on the poster board and then number them 1-9. Place the poster board on a table or the floor.

Each player starts with 50 points. On her turn, she sets a cotton ball on the quarter (the "tee") and uses a straw to blow it to the first hole. Have her count how many puffs it takes (say, 6) and subtract the number from her score ($50 - 6 = 44$). Then, the next person plays the first hole. Continue until everyone has played all nine holes. The golfer with the most points left wins.



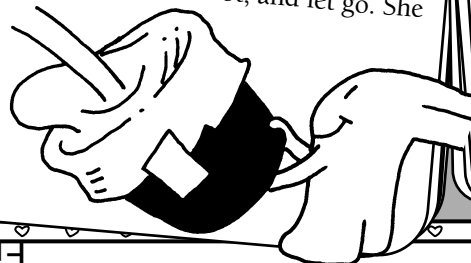
SCIENCE Create a catapult cup

Your youngster can explore force and motion by building a catapult.
Ingredients: paper cup, scissors, balloon, tape, Ping-Pong ball, measuring tape

First, cut out the bottom of the cup so it's open on both ends. Tie a knot in the uninflated balloon, and snip off the opposite tip. Help your youngster place the knotted end into the cup and stretch the cut end over the opposite end of the cup. Tape the balloon in place.

Now your child should put the ball in the cup, pull on the knot, and let go. She can watch the ball soar and measure how far it travels.

Have her vary the force she uses to pull on the balloon and measure the distance each time. She'll see that the harder she pulls back, the farther the ball will fly.



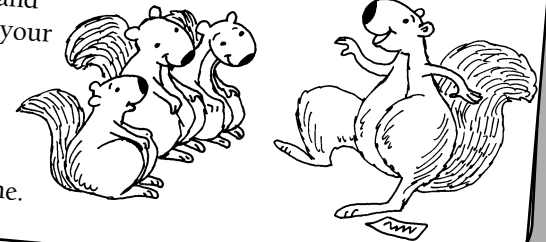
READING Adverb charades

This twist on charades is an active way for your youngster to discover adverbs.

Ingredients: picture book, index cards, pencils

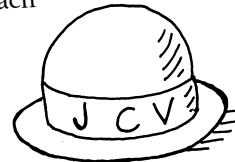
Read a chapter or short book aloud, and ask your child to write down each adverb he hears on a separate index card. (An adverb describes a verb, an adjective, or another adverb and often ends in *-ly*, such as *quietly*, *carefully*, and *joyfully*.)

To play, one person draws a card and acts out the adverb. For *clumsily*, your youngster might pretend to trip. For *slowly*, he could walk in slow motion. The other players try to guess the adverb. The first one to guess correctly acts out the next one.



LOGICAL THINKING

Share this simple code with your child: $a = c$, $b = d$, $c = e$, $d = f$. Can she figure out the rest of the code and write you a secret message? Hint: $y = a$, and $z = b$. Take turns giving each other coded words to decipher (jcv for hat).



SAFETY

Recycle a shoebox into a first-aid kit. Your youngster can write "First Aid" on a mailing label and stick it on the lid. Help him find supplies to put inside, such as bandages, gauze, a thermometer, and tweezers. When he's done, he can choose a spot to keep it (bathroom, car).



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Character Corner

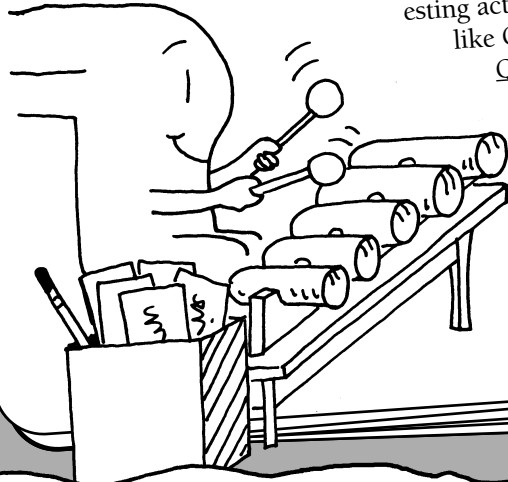
WRITING ABC activity box

It's fun to write...and writing can lead to even more fun! Here's how.

Ingredients: pencil, index cards, small box or large envelope

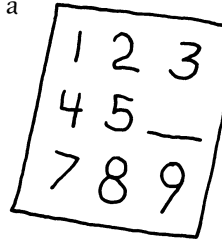
Have your child write each letter of the alphabet on a separate index card. Then, help him brainstorm an activity for each letter. For example, he could write "make paper airplanes" for A and "read a book" for B. If he gets stuck, suggest that he look through the dictionary. He might end up with interesting activities for tough letters like Q (play a game of 20 Questions) and X (build a xylophone).

Let him store his cards in a box. The next time he says, "There's nothing to do," he can choose a card and do the activity.



COUNTING

Write the numbers 1-9 in order on a piece of paper, leaving a blank for one number. It's your youngster's job to read the numbers and fill in the missing one. *Variation:* Write the numbers 1-30 randomly, and omit one.



VOCABULARY

Open a box of crayons, and ask your child to make up her own names for the colors by thinking about what objects or feelings they bring to mind. *Examples:* Sunshine Yellow, Meadow Green, Stop Sign Red. Now she can draw and color a picture showing what she imagined.



SYMMETRY

Kaleidoscopes use mirrors to make *symmetrical* images (each half is a mirror image of the other half). To create a kaleidoscope picture, have your youngster fold a paper plate in half and draw a design on one half. Placing the plate with the folded edge against a mirror lets him see the "whole" picture.



INDEPENDENCE

Show your child how to set an alarm clock and how to turn it off. Have her use it to wake herself up. If she has trouble getting out of bed, suggest that she put it across the room so she has to get up to shut it off.



HELPFULNESS



When you have company, give your youngster a special job to teach him about being helpful. You might put him in charge of taking photographs, hanging up guests' coats, or playing with younger children.

KINDNESS

Children—and parents—enjoy kind words. Have each family member make a "mailbox" by decorating a large envelope. Tape the envelopes to your bedroom doors. Then, leave kind messages for each other.



FOLLOWING DIRECTIONS

This game has one rule: No laughing! To play, give your child silly instructions. *Example:* "Stick out your tongue, and flap your arms like a chicken." If she does it without laughing, she gets to give you instructions. If not, it's your turn again.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)