

Recipes for Success

Practical Activities to Help Your Child Succeed

MAY 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 Utter nonsense

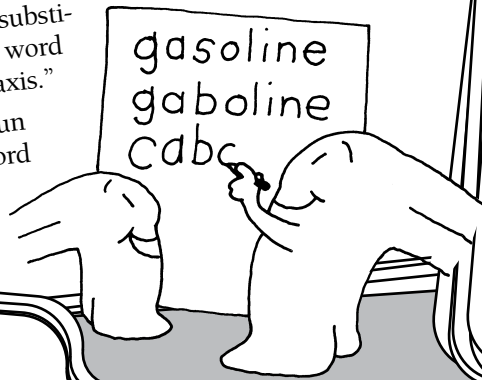
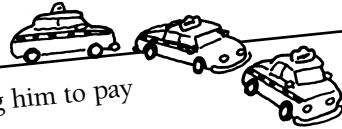
Build your child’s reading skills by encouraging him to pay attention to letter sounds and word meanings.

Ingredients: paper, pencil

Ask your youngster to write any word with three or more letters (gasoline). You change a letter, and write the new word and a silly definition for it. Read your creation aloud. Example: “Gaboline: Fuel for nonstop talkers.”

Now it’s your child’s turn. He gets to substitute a letter to make a new nonsense word and definition. “Caboline: A line of taxis.”

Keep changing the word until you run out of ideas. Then, choose a new word to turn into nonsense!



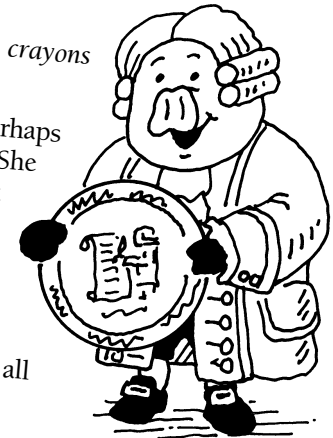
HISTORY Travel through time

Help your youngster “travel” to a historical event. She’ll work on her research skills—and even make a souvenir from her journey.

Ingredients: books or internet access, paper plate, crayons or markers

Suggest that your child pick an event to visit, perhaps the signing of the Declaration of Independence. She can pretend to be a time traveler and learn about the event by reading books or websites.

Then, let her make a “commemorative plate.” She could draw a picture of the event in the center of a paper plate and write interesting facts around the rim. Have her use her plate to tell you all about her “adventure.”



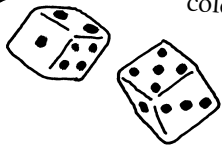
MATH Capture the squares

Here’s a colorful competition for practicing multiplication facts.

Ingredients: graph paper, pencil, crayons, 2 dice

To make a game board, have your child draw a 10 x 10 box on graph paper. Take turns rolling the dice, multiplying the 2 numbers, and writing the product in any empty square (roll 6 and 5, and write 30, since $6 \times 5 = 30$). Repeat until the board is filled. *Note:* Younger players can add instead of multiplying.

To play, each person gets a different-colored crayon. Roll the dice and multiply again—but this time color a square with your product. If no square has that number, your turn ends. When the board is completely colored, count your squares. The player with the most is the winner.



GRAMMAR

Set a timer for 4 minutes, and have your youngster find as many contractions as he can in this issue of *Recipes for Success*. He should write each one and the words it stands for.

Examples:

It’s = it is,

I’m = I am.

How many did he find?



SCIENCE

Does your child know that a sliding board is considered a “simple machine”? It’s an example of an inclined plane—a flat surface that’s higher on one end—and is used to move objects or people to a higher or lower place. See if she can find other inclined planes (wheelchair ramp, stairs).



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Character Corner

PATTERNS Hop-along patterns

Play hopscotch with an added twist—by creating patterns with shapes.

Ingredients: sidewalk chalk

Have your child use sidewalk chalk to draw a pattern of triangles and rectangles. Explain that players will hop on a triangle with one foot and jump on a rectangle with both feet.

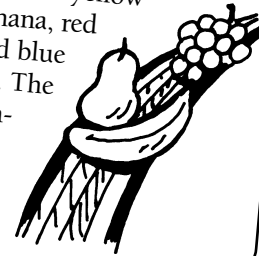
Let her decide how big to make the board and how many times the pattern will repeat. She might draw a pattern of rectangle, triangle, rectangle, triangle, for example. *Tip:* Suggest that she create a board with a growing pattern, such as triangle, rectangle; triangle, triangle, rectangle; triangle, triangle, rectangle, rectangle.

When she's finished drawing her pattern, use it to play hopscotch together.



NUTRITION

Eat the rainbow—and be healthier! Each time your youngster eats a fruit or vegetable, she could add a stripe of its color to a sheet of paper. She'd make a yellow stripe for a banana, red for tomato, and blue for blueberries. The goal? Eat a rainbow every day.



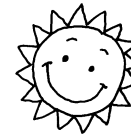
RESPONSIBILITY

Encourage your youngster to make a "Summer Responsibilities List." *Examples:* "Put away my bike." "Hang wet swimsuit to dry." Have him post his list as a reminder.



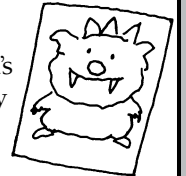
GRATITUDE

Help your child realize what she appreciates. Every night at dinner, take turns naming three things you are each grateful for that day (a funny friend, sunny weather, a special dessert).



TOLERANCE

Draw silly creatures, and describe them. ("Mine has big fangs." "She has sharp claws.") Now share things the pictures don't show. ("She's kind." "He loves puppies.") This shows your child that you can't judge what's inside a creature (or person) by what's on the outside.



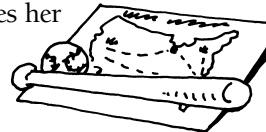
WRITING

Pretend no talking is allowed for 15 minutes. To communicate, you and your child must write. Take turns making up questions that require more than a yes or no answer. For instance, if you write, "What's the funniest thing that happened today?" he might answer, "When I peeled my orange, the juice squirted everywhere!"



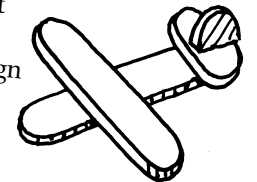
GEOGRAPHY

Let your youngster keep track of where her favorite baseball team plays away games and look up each city on a map. She could use the map's scale to determine how many miles the team traveled. *Idea:* Suggest that she keep track of the miles her team travels in a month—or all season!



ENGINEERING

Try this challenge that boosts thinking skills and engineering know-how. Ask your child to name something to build; he might choose a bridge or an airplane. Both of you design the object using only craft sticks and tape. Test it. Redesign to make improvements, and test again.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)