

Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2020

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.”

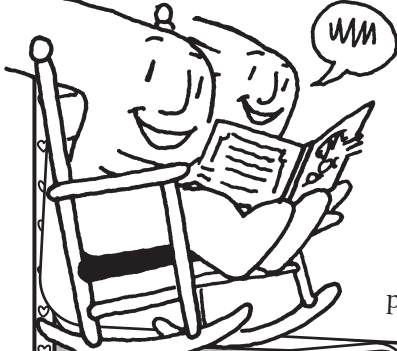
READING Partner power

Should you read to your child or let her read to you? With this idea, you'll do both—and help her feel more confident reading aloud.

Ingredients: books

Invite your youngster to pick out a familiar book, and alternate reading the pages. Listen to each other, and point out what you enjoy about each other's “reading voice.” Maybe your child can tell which character is talking by the way you change your voice for each one. And you might mention how smoothly she reads a sentence.

Now when your child reads aloud in class, she can remember what the two of you liked about listening to each other read—and try using expression and reading at a pleasant pace.



ENGINEERING Design a zipline

Whoosh! Riding a zipline is lots of fun, and your youngster can explore engineering by designing a miniature one at home.

Ingredients: yarn, toilet paper tube

Have your child thread yarn through the tube, then tie one end to something high (like a shower rod) and the other end to something lower (maybe a doorknob). Now he can hold the tube at the shower-rod end and let go, sending the tube zipping along to the doorknob.

Encourage your youngster to think like an engineer and experiment with designs. Will the tube go faster if he uses string or fishing wire instead of yarn? Where could he tie the ends of the zipline to make it longer or steeper?



SOCIAL STUDIES Take a “census”

Every 10 years, including this one, we count the number of people in America. This activity will help your child understand how we use census data to determine how many representatives each state gets in Congress.

Ingredients: building blocks, toy people or animals, pencil, paper

Suggest that your youngster build several block villages, name each locality, and put a different number of toy figures in each village. She might put four people in “Evergreen Grove” and 12 in “Ocean Pines.” Now she can take a census by counting the “residents” in each village.

Your child should decide how many residents it takes to get one representative (perhaps four). How many elected officials would represent the toys of Evergreen Grove? Ocean Pines?



FRACTIONS

Deal a deck of cards (ace to 10 only) facedown to players. Each person flips over her top two cards and forms a fraction. Example: Place a 2 above a 3 for $\frac{2}{3}$. The player with the largest fraction takes everyone's cards. (Note: To compare, find the lowest common denominators and simplify.) When all cards have been played, the person with the most cards wins.



LANGUAGE

Words like *flowerpot* and *mailbox* are compound words—they're each made up of two smaller words. Pick a word (*rain*), and see how many compound words you and your youngster can come up with. He might say *raindrop*, *raincoat*, *rainbow*. Then, think of a different word to use.



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Character Corner

MATH

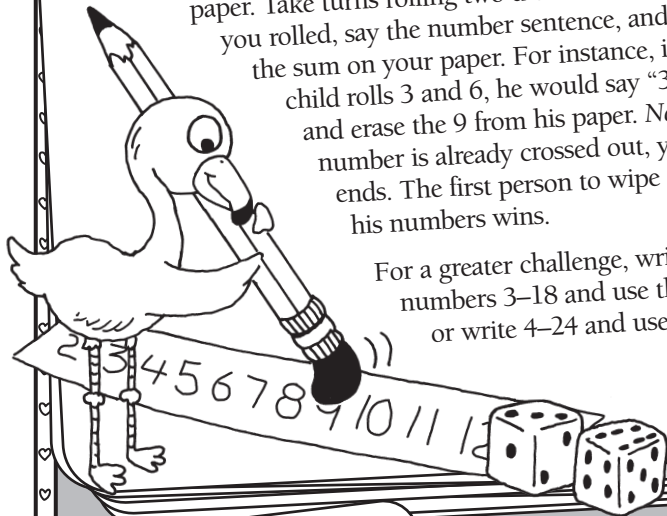
Add and erase

Your youngster can practice addition while trying to be the first to erase a row of numbers and win this game.

Ingredients: paper, pencils, erasers, dice

Have each player write the numbers 2–12 across the top of his paper. Take turns rolling two dice. Add the numbers you rolled, say the number sentence, and erase the sum on your paper. For instance, if your child rolls 3 and 6, he would say “ $3 + 6 = 9$ ” and erase the 9 from his paper. *Note:* If a number is already crossed out, your turn ends. The first person to wipe out all of his numbers wins.

For a greater challenge, write the numbers 3–18 and use three dice, or write 4–24 and use four dice.



SCIENCE

Do oil and water mix? Your youngster will see for herself by making this cool lava lamp. Let her fill a jar $\frac{3}{4}$ of the way with water, add food coloring, and top it off with vegetable oil. After closing the lid tightly, she should turn the jar upside down and set it on a table to observe. (She'll watch the oil and water separate.)



CREATIVITY

Let your child express his creativity by painting—without a paintbrush. What else could he use? He might gather items like cotton swabs, plastic forks, and aluminum foil. Then he can experiment with how and what to paint with each one.



HELPFULNESS

Ask your youngster to brainstorm a list of ways she can help around the house.

Examples: Read to a younger sibling, dust the bookshelves, tidy up the family room, brush the cat.

Suggest that she pick one to do each day.



INDEPENDENCE

Teach your child to contact people on his own, rather than depending on you to do it for him. Have him call a relative to say hi, reach out to a teacher with a question, or email the librarian for a book recommendation.



POSITIVE ATTITUDE

Name something that could be upsetting to your youngster (staining a favorite shirt). Now ask her to think of a way to turn it into something positive (use the shirt for a tie-dye project). Together, brainstorm other tough situations and ways to turn them around.



READING

Planning a meal can show your child how useful reading is. Ask him to read recipes online or in cookbooks and choose one main dish and two sides. He can list ingredients you'll need and find coupons in grocery store flyers.

Use his list when you shop together, and let him help you cook the meal.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

OPPOSITES

Here's an active way to explore words with opposite meanings. Secretly think of a pair of opposites (*high, low*). Say and act out one of the words. (“I’m stretching *high*!”) Challenge your youngster to do the opposite. (“I’m crouching *low*.”) Next, let her make a movement, and you do the opposite.

