

Recipes for Success

Practical Activities to Help Your Child Succeed

MAY 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

Summer reading

Include reading as part of your youngster’s school break by pairing books with family activities.

Ingredients: books

Let your child make a list of planned events like visiting relatives in another state or spending time at the beach. Then, help her find related library books.

Your youngster might read *Cactus Hotel* (Brenda Z. Guiberson) if your relatives live in a desert town. Or before a trip to the ocean, she could learn about sea creatures with *The Deep-Sea Floor* (Snead B. Colvard III). Talk about what you learned from the books, and at your destination, look for examples. She might spot cacti in your relatives’ neighborhood or jellyfish on the beach.



MATH

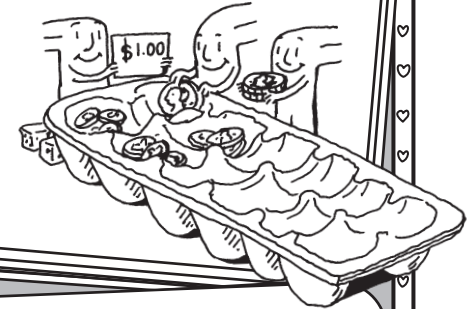
Money race

Give your child practice with counting, adding, and subtracting coins as he tries to reach a target value.

Ingredients: coins, empty egg carton, two dice

Have your youngster sort pennies, nickels, dimes, and quarters into separate sections of the egg carton. Choose an amount to play to (say, \$1 for younger children or \$5 for older ones).

Take turns rolling the dice and taking coins equaling the number rolled (a nickel and two pennies for 7, a dime for two 5s). Stack the coins in front of you. If you need change, trade in coins. The person who gets closest to the target amount—without going over—wins.



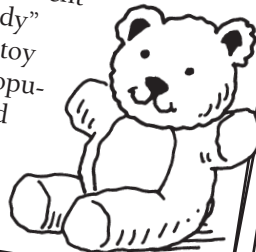
POETRY

Gather old magazines or newspapers, and challenge your child to “find” a poem by choosing words to piece together. He could circle words he likes (*marshmallow, koala*) and copy or glue them in any order on construction paper. Invite him to read his poem to you and then display it.



HISTORY

With your youngster, read about old toys in books or online. She’ll get a glimpse of history, since many reflect the eras they’re from. For instance, the teddy bear was named after President Theodore “Teddy” Roosevelt, and toy soldiers were popular during World War II.



SCIENCE

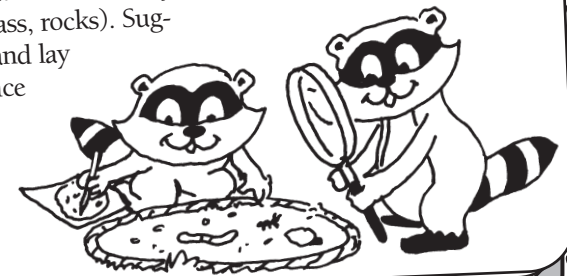
E Is for Ecosystem

With your child, find a grassy spot where she can explore an ecosystem.

Ingredients: 6-ft. piece of yarn, magnifying glass, pencil, paper

An ecosystem is a community of animals, plants, and nonliving things in one environment. Help your youngster find one to study by laying the yarn in a circle on the grass in a spot she’ll remember (perhaps at the base of a big oak tree). With a magnifying glass, she can examine the area inside the circle.

Encourage her to draw a diagram of the ecosystem and label what’s inside (insects, grass, rocks). Suggest that she wait a few days and lay her yarn in the same spot. Once again, she should sketch and label the ecosystem. What has changed?



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Character Corner

VOCABULARY

Synonym sequencing

Help your child identify and compare synonyms, or words with similar definitions.

Ingredients: dictionary, paper, pen or pencil

Ask your child to pick several words from the dictionary (examples: *mumble, investigate, shut, beckon*). Next, have him brainstorm synonyms for one of the words. For *shut*, he might think of *close, slam, secure, and seal*.

Which synonym's meaning is the most similar to *shut*? Challenge him to order the synonyms from the most to least similar.

He may list *close* before *slam*, since *slam* implies shutting something with force.

He can use dictionary definitions to decide which order makes sense.



GEOMETRY

Help your youngster use a ruler to write her name with only straight lines. Then, challenge her to count the right, or 90-degree, angles. (Hint: A capital L makes a right angle.) Now she should count angles that are acute (less than 90 degrees) and obtuse (greater than 90 degrees).

Which kind does her name have the most of?

TINA

SOCIAL STUDIES

Your child can use food as a starting point for exploring other cultures. Together, try a food that's popular in another country, such as sushi (Japan). Now challenge him to find facts about the country. For instance, Japanese meals may begin with people saying *itadakimasu*, or "I humbly receive."



GRIT

Your child could pretend to be a reporter and interview someone who has worked hard to reach a goal. Maybe she'll talk to an aunt who ran a marathon. How did she train? What kept her going?

Your youngster will learn that accomplishments take grit.



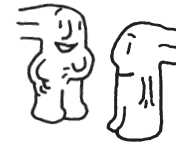
ACCOUNTABILITY

Teach your child to take responsibility for his actions. If he makes a mistake, such as tracking mud in the house, discuss the effect (the floor is now a mess) and how he can fix it (mop up the mud).



CONFLICT RESOLUTION

A sincere apology may resolve a conflict better than a simple "Sorry." Tell your youngster to think about her actions and offer an explanation. ("I was mad and said things I didn't mean. I'm sorry.") Tip: She might write her apology and practice before saying it in person.



ART

Suggest that your youngster divide a sheet of paper into four squares labeled with the seasons. She can draw a bare tree in each and glue small pieces of colored tissue paper above the trunks to match each season.

Examples: red and orange for fall, pink for spring, green for summer, nothing for winter.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

GRAMMAR

Have your youngster choose 12 verbs and write each tense (past, present, future) on separate index cards. Example: *hopped, hop, will hop*. Let him deal three cards to each player and stack the rest facedown. Take turns drawing a card and discarding one. The first player to get all three tenses of a word and use them all in one sentence wins.

