

Recipes for Success

Practical Activities to Help Your Child Succeed

NOVEMBER 2019

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

What's your wish?

Your youngster will stretch her reading comprehension by imagining what a storybook character would wish for.

Ingredients: fiction book, paper, pencil

Read a book with your child. Then, suggest that she pretend a genie appears and offers the main character three wishes. What would the wishes be? How did your youngster pick them? Have her write down the wishes.

She'll need to use clues from the book to decide what the character might request. If the boy in the book talked to the parrots at the zoo for a long time, maybe he'd wish for a pet parrot to chat with. Or if he was curious about a friend's vacation, perhaps he would want a trip to that same spot.



MULTIPLICATION

Shake it up

Practice multiplication with a simple game your child can make himself.

Ingredients: 24 slips of paper, pencil, paper bag

Ask your youngster to write a multiplication fact on one side of each slip of paper and the answer on the other side. Mix up the slips in a bag. Take turns drawing a slip and laying it down. If the problem side is up, give the answer ($8 \times 5 = 40$). If the answer side is up, say a problem that could have that answer. *Example:* 1×21 or 3×7 for 21.

Turn the paper over—if it shows the correct answer or one of the possible problems, keep it. If not, return the slip to the bag. When all the problems are claimed, the player with the most slips of paper wins.



ENGINEERING

Challenge your youngster to engineer a device that protects an egg from breaking when dropped. She could choose from household supplies like cardboard boxes, straws, duct tape, sponges, and bubble wrap. Let her test her creation over a sink. If the egg breaks, she can redesign and retest.



GEOGRAPHY

While one child goes to school in Hawaii, another is getting out of school in New York! Have your youngster look up current times in different states, write them on sticky notes, and post them across a map. Can he see a pattern when he looks at states' locations and times?



SCIENCE

Leaf investigator

What kind of tree did that leaf come from? Your youngster can find out with this investigation.

Ingredients: leaves, book or internet access

Take a walk, and let your child collect different types of leaves from the ground. Now encourage her to look carefully at each leaf to see what special features it has. For instance, some are pointy, and some are curved. And some leaves have one main stem while others have multiple stems branching off a main stem.

Using a website like arborday.org/trees/whattree or a field guide from the library, she can read and make comparisons to identify what kind of tree each leaf came from.



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Character Corner

WRITING Family fiction

Coauthor a picture book to build your child's creative writing skills.

Ingredients: paper, pencils, scissors, glue, stapler

Together, decide what kind of story to write, perhaps a science fiction tale or an animal adventure. Then, your youngster writes the first sentence and passes his paper to the next person, who adds a sentence of his own. If the first sentence introduces the setting (say, a faraway galaxy), the second sentence could describe it. Who lives there? What color is the sky?

When you finish your story, let your child cut out each sentence, glue it onto a separate sheet of paper, and illustrate it. He can staple the pages together, make a cover, and list all the authors.



SPELLING

Ask your youngster to write the letters of the alphabet on separate index cards. Have him put vowels in one stack and consonants in another. Shuffle the stacks. Each of you draws five consonants and two vowels. Set a timer for three minutes. Who can make the most (correctly spelled) words using his letters? *Note:* Keep a list as you go.



HISTORY

Pioneers bartered, or traded for things they needed. Have your youngster think of belongings or skills to trade. *Example:* She might see if her sister will teach her to make jewelry. In return, she can pitch softballs to give her sister batting practice.



PATIENCE



Learning to deal with delays will reduce your child's frustration. Teach her to think of things to do in a waiting room or in line at the store. *Examples:* See how long she can stand on one leg. Look for items that start with a particular letter.

THOUGHTFULNESS

Encourage your youngster to make get-well cards when someone is sick or injured, perhaps a classmate who broke an arm or a neighbor with the flu. He'll learn to pay attention to what others are going through and take action to show he cares.



RESOURCEFULNESS

When your child can't find an item she needs, suggest that she think of an alternative. She could make a lettuce wrap for lunch if you're out of sandwich bread or paint wearing an old shirt if there's no smock. Being resourceful will help her solve problems.



SORTING

The ability to sort things into categories is important for making sense of math. Ask your child to sort your spice jars. She might organize them by color, separate sweet spices from savory ones, or arrange them according to spice level (hot, medium, mild).



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

FOLLOWING DIRECTIONS

Use a relay race to give your youngster practice following directions. Divide into teams. Name three directions. Divide into must make while he travels across a room or yard and back (crawling, shrugging his shoulders). The first team to finish wins.

