Recipes for Success

Practical Activities to Help Your Child Succeed

APRIL 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

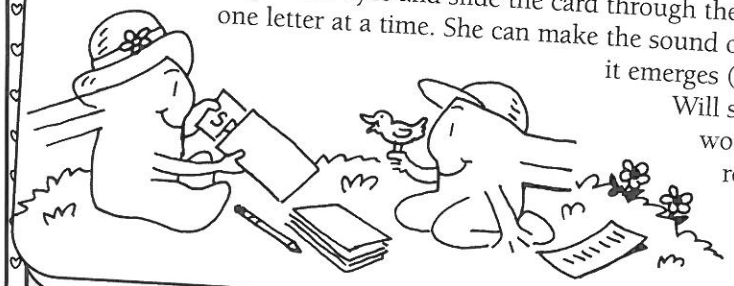
Mystery word reveal

What word will emerge from the envelope? Your youngster can build reading skills with this clever idea.

Ingredients: *list of spelling words or sight words, index cards, pencil, scissors, envelope*

Have your child write one word on each index card. Let her cut off one end of an envelope, then close her eyes while you put one card (say, *spring*) inside.

Now she should open her eyes and slide the card through the slit to reveal one letter at a time. She can make the sound of each letter as it emerges (*s, p, r, i, n, g*). Will she predict the word before she reveals the last letter?



MATH

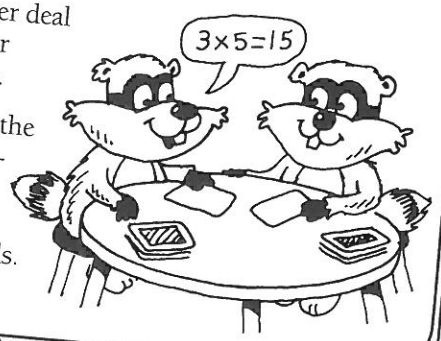
Multiply for the win!

This two-player game makes learning multiplication facts fun for your child.

Ingredients: *deck of cards with face cards and aces removed*

Shuffle the cards, and have your youngster deal them evenly to the two of you. Stack your cards facedown, and flip the top one over.

The player with the bigger number uses the two cards to create a multiplication equation. So if you play a 3 and your child plays a 5, she would say, "3 x 5 = 15." If her answer is correct, she keeps both cards. Collect the most cards to win.

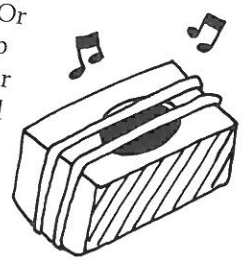


LOGIC

Secretly think of a number (1–100) for your youngster to figure out. Tell him whether each prediction is too high or too low. When he gets it, play again. What's the strategy for getting the correct number faster? (*Hint:* Start by predicting 50 to eliminate half of the numbers!)

MUSIC

Help your child find household objects to turn into musical instruments. She might tap spoons against glasses containing different amounts of water (xylophone). Or she could wrap rubber bands or hair ties around an empty tissue box and strum them across the opening (guitar).



HISTORY

Blast from the past

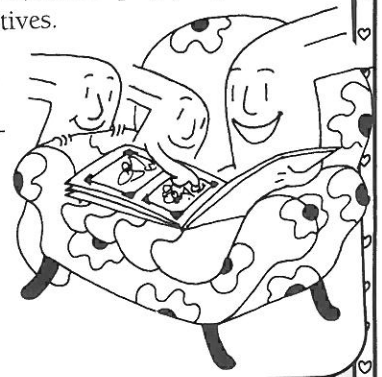
Historians use evidence to discover what happened in the past. Let your youngster pretend he's a historian with this activity.

Ingredients: *family photographs and documents, paper, pencil*

Together, look through photo albums, baby books, school play programs, and even newspaper clippings that mention relatives.

What conclusions can your child draw about your family's past? Like a historian, he should look at details in photos and read materials carefully for dates, names, and places. For example, a photo of his great-grandfather singing with a band would suggest he was a local musician.

He could make a family history "museum" by displaying the artifacts and adding signs with facts he discovered.



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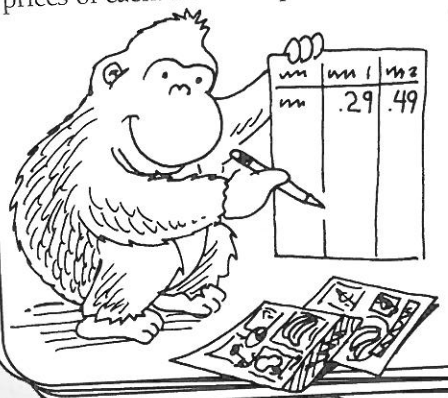
FINANCIAL LITERACY
Comparison shopping

Show your child that you can save a lot of money by comparing prices. Here's how.

Ingredients: *paper, pencil, grocery circulars*

Ask your youngster to draw a chart with three columns labeled "Item," "Store #1," and "Store #2." Then, have him look online or browse circulars from two different grocery stores, list 10 items that both places advertise, and write the prices of each. For example, he might find bananas for 29 cents per pound at one store and 49 cents at another.



Time to compare! He could add the prices in each column to find the total cost for each store. Which one would save him the most money?

LANGUAGE

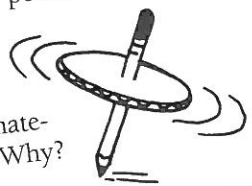
An idiom is a saying with a meaning that is different from the actual words. For instance, a "wild goose chase" refers to a waste of time, not to chasing geese. Together, think of more idioms like "raining cats and dogs" (raining heavily) or "piece of cake" (easy). How many can you come up with?

SORTING

Sorting is a good way for your child to practice math skills—and stay organized. Encourage her to sort her clothes in a way that makes sense to her. Sorting by color may make it easier for her to match outfits. Sorting tops by sleeve length can help her dress for the weather.

SCIENCE

Have your youngster experiment to make a longer-spinning top. She could cut same-size circles from paper, cardboard, and a paper plate. Then, she should poke a pencil through the center of each one, spin it, and time how long it will go. Which material works best? Why?



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member) Signed (child)

Character Corner

☐ COMPASSION

Ask your youngster to help you gather household items to donate. She might suggest giving old towels to an animal rescue group or outgrown toys to a children's hospital. Together, box up the donations and deliver them.

☐ GRIT

Grit can motivate your child to push through challenges. Share this fact: Dr. Seuss's first book was rejected by 27 publishers. What might have happened if Dr. Seuss hadn't had grit?

☐ CONFLICT RESOLUTION

Let your youngster pick a topic to debate, like whether students should have homework every night. Pick sides and hold a debate. Encourage him to listen to your points and to back up his own. ("No, because kids need more time to play and be active.")

STORYTELLING

Together, tell an original story based on a fairy tale—perhaps *The Three Little Otters* instead of *The Three Little Pigs*. Take turns adding lines to the story. Your youngster will build creativity as he decides what kinds of homes the otters will build and which animal they'll need to outsmart.

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