

Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 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

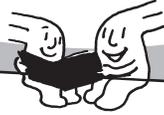
Ball of questions

Build your youngster's reading comprehension with this simple game of catch.

Ingredients: masking tape, scissors, pen, soccer or beach ball, books

Let your child tear off several six-inch strips of masking tape. On each one, she should write a question that could apply to just about any story or novel. *Examples:* "How would you describe the main character?" "What is the theme of the story?" Then, have her stick the strips all over the ball.

Next, ask your youngster to choose a book or chapter to read with you. After you finish, toss the ball back and forth. Each time you catch it, answer the question closest to your right index finger.



VOCABULARY

What word am I?

Guess the words on your forehead and define them correctly to win this game.

Ingredients: list of vocabulary words, pencil, index cards

Have your child write each word on a separate index card, then shuffle and stack the cards facedown. Now he should take the top card and, without looking at the word, place it on his forehead with the word facing out.

To figure out the word, he can ask you yes-or-no questions. *Examples:* "Is it a type of energy?" "Is it an adjective?" When he identifies the word, he has to define it correctly to keep the card. If he gets it wrong, he returns the card to the bottom of the pile. Then it's your turn. Collect the most cards to win.



HEALTH

Creating a bedtime kit can help your child get to sleep on time. Have him place a flashlight, a book, and a stuffed animal in a basket.

He'll look forward to snuggling up with his stuffed animal and reading his book by flashlight.



STUDY SKILLS

Acting out concepts makes them easier for your youngster to understand and remember. She could pretend she's a raindrop going through the water cycle, for instance. Can she evaporate into the sky, condense into a cloud, and fall back to Earth as rain (precipitation)?



MATH

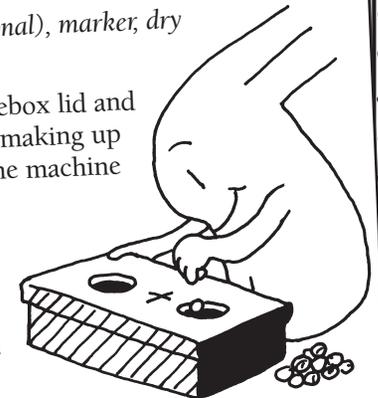
My adding machine

A homemade "adding machine" gives your child a fun way to practice addition.

Ingredients: scissors, shoebox, math book (optional), marker, dry beans (or other small objects), paper, pencil

Help your youngster cut two holes in the shoebox lid and draw a + sign between them. Now take turns making up addition problems for each other and using the machine to solve them.

If you give her $17 + 28 = \underline{\quad}$, she would put 17 beans in one hole and 28 in the other. Have her solve the problem in her head or on paper ($17 + 28 = 45$), then remove the lid and count the beans. Was she right? Now she can give you a problem to solve.



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Character Corner

SCIENCE Invisible Ink

Writing secret messages shows your child a cool chemical reaction and teaches a fun science lesson.

Ingredients: lemon juice, cotton swab, white paper, lamp or sunlight, hair dryer

Have your youngster dip a cotton swab in lemon juice, use it to write a message on the paper, and hold it up to the light. (The message will be invisible.)

Let the paper dry for a few minutes, then he can hold it while you turn the hair dryer on low and dry the message completely. Now when light shines on the paper, the message appears!

The paper absorbed the carbon-based compound in the lemon juice. The heat released the compound, allowing it to react with the oxygen in the air and darken the juice.



HISTORY

Your youngster can bring history to life by building models of famous sites. Perhaps she'll use empty paper towel tubes to construct the Parthenon if she's studying ancient Greece. Or if she's learning about ancient China, she might build the Great Wall out of lasagna noodles and cardboard.



ART

Gather around the table, and let your child hand out paper and crayons for this cooperative art project. Each person draws on the paper in front of him for one minute, then moves one seat to the right and continues the drawing at that spot. After a turn at each seat, everyone can describe the drawing in front of them.



FAIRNESS

Being fair doesn't always mean treating everyone the same. Can your child think of situations where that wouldn't make sense? *Example:* One student needs a bandage, so the nurse gives everyone a bandage. Your youngster will see that it's fair to meet different needs in different ways!



DEPENDABILITY

Let your child cover a coffee can with paper and label it "You CAN count on us." Put a coin in the can anytime a family member acts dependably (say, your youngster keeps his promise to help his sister with homework). When the can is full, donate the money to a charity.



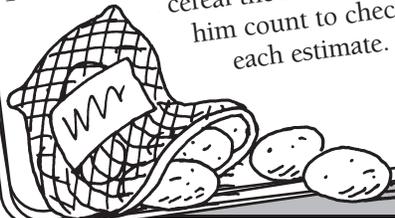
OPTIMISM

Have your child cut a sun out of yellow construction paper and write a positive thought on each ray. ("I'll do my best at whatever I do.") She could post her sun where she'll see it every morning, perhaps on the bathroom mirror.



COUNTING

A trip to the grocery store offers plenty of opportunities for estimating and counting. Your youngster could estimate how many potatoes are in a 10-lb. bag or how many varieties of cereal the store sells. Let him count to check each estimate.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

CAPITALIZATION

Encourage your youngster to play "capitals detective." Write a sentence, using some incorrect capitalization. ("a little Cater-day.") Will she catch all the mistakes? Next, let her make up a sentence for you to fix.

Main Street