

Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 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."

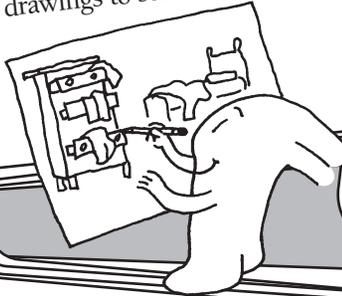
READING Sketch a story

Strong readers visualize what's happening in a story. Boost your child's comprehension by having him draw what he "sees" as you read aloud to him.

Ingredients: picture book, paper, crayons or colored pencils

Read the book without showing your youngster the illustrations. Encourage him to listen for details and use them to draw pictures. Perhaps the book describes a character's messy room. He could draw the unmade bed, clothes falling out of open dresser drawers, and toys all over the floor. Or if the book is set on a farm, he might draw the barn, animals, and cornfield.

Now show him the pictures in the book and let him compare them with his drawings to see how well he visualized.



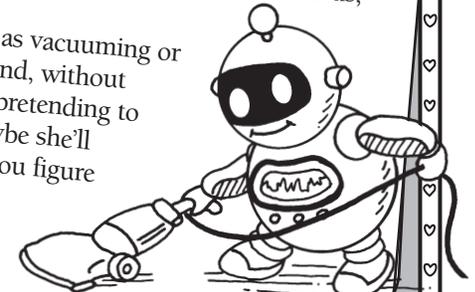
CREATIVE THINKING Act it out

How would a robot vacuum a room? What might a sloth look like riding a skateboard? Spark your youngster's imagination with this game.

Ingredients: index cards, pencil

On separate index cards, have your child write names of animals or things she might pretend to be. *Examples:* robot, dolphin, dragon, sloth. Mix up the cards, and stack them facedown.

Now name a situation for her to act out, such as vacuuming or doing skateboarding tricks. She draws a card and, without showing it to you, acts out the scenario while pretending to be whatever is on the card. If she's a robot, maybe she'll walk stiffly while pretending to vacuum. Can you figure out which card she drew? Then, trade roles.



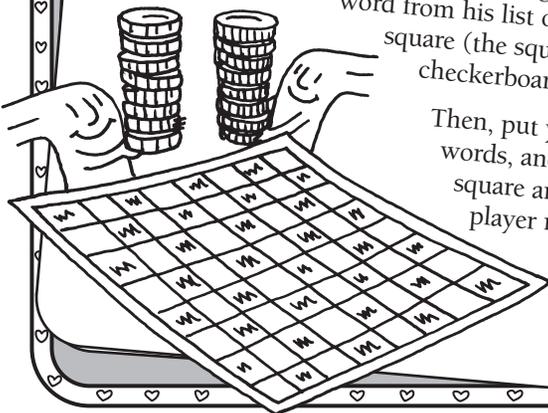
VOCABULARY Word checkers

Play this twist on checkers to help your child review vocabulary words.

Ingredients: word list or textbook, poster board, marker, checkers, dictionary

First, have your youngster draw an 8 x 8 grid on poster board. He should write a word from his list or textbook glossary in every other square (the squares that would be black on a checkerboard).

Then, put your checkers on the squares with words, and play with this twist: To jump over a square and capture the other person's piece, a player must correctly define the word in the square. (Use a dictionary or your child's textbook to check.) The first person to capture all his opponent's pieces wins.



PRIME NUMBERS

A prime number's only factors (numbers that can be multiplied to equal it) are 1 and itself. Have your child number paper squares 1-25 and make a two-column chart for "Prime" and "Composite" (numbers that aren't prime). Take turns choosing a square. Then place it in the correct column, and check your choice by finding its multiples.



HEALTH

Teach your youngster to eat healthy portions by reading the serving size on nutrition labels. Then, she could measure it out—say, by putting 20 mini pretzels in a bowl for each of you. Now enjoy a snack together.



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Character Corner

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MATH Clever clips

Your youngster will need subtraction know-how, and a little luck, to win this game.

Ingredients: paper clips, playing cards (face cards removed, ace = 1), bowl

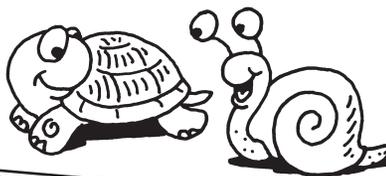
Each player gets 50 paper clips. Shuffle the cards, stack them face-down, and set out the bowl. On each turn, a player draws two cards and subtracts the smaller number from the larger one. So if your child draws 10 and 3, she would say "10 - 3 = 7." She discards that many paper clips (7) into the bowl. (If the numbers are equal, don't discard any clips.)

The winner is the first player to run out of paper clips—by exact count or not.



SPEAKING

Does your child know how to join a conversation? Role-play so he feels confident. He should listen and wait for a pause. Then, he can make a relevant comment ("I liked that movie, too") or ask questions ("Which scene was your favorite?").



RESEARCH

Help your youngster learn to narrow a report topic. Name a broad topic (say, weather), and go back and forth, being more specific each time. *Example:* winter weather, snow, blizzards, historic blizzards. She'll get more targeted results when she does research.



GEOMETRY

Go on a geometry hunt at a park. Your youngster can look for shapes: sphere (ball), rectangle (tennis court), or triangle (swing-set frame). Or he could try to find as many right angles (90°) as possible, perhaps at the corners of the picnic table and the sandbox.



MANNERS

Let your child draw small circles around the edges of an index card. When you notice him using good manners (perhaps by saying, "Please pass the potatoes"), he gets to hole-punch a circle. Once all the holes are punched, he can illustrate the card and start a new one.



LEADERSHIP

Boost your youngster's leadership skills by letting her delegate tasks to family members. Before a trip to the grocery store, she might ask you to make the list, then have her brother clip coupons while she packs up the reusable bags.



LOYALTY

Have your child think of ways to show loyalty to others if he hears gossip about them. He might say, "We don't know that for sure." Or he could simply change the subject: "Hey, let's go do a puzzle."



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

PHONICS

Choose a letter combination, such as *sch*, *br*, or *th*. Take turns thinking of words that include the combination in the beginning (*school*), middle (*vertebrate*), or end (*tooth*).

