

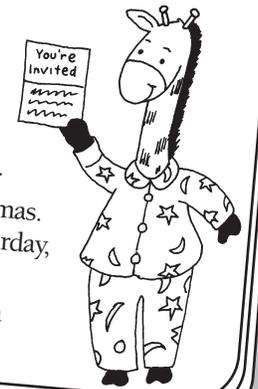
Recipes for Success

Practical Activities to Help Your Child Succeed

JANUARY 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

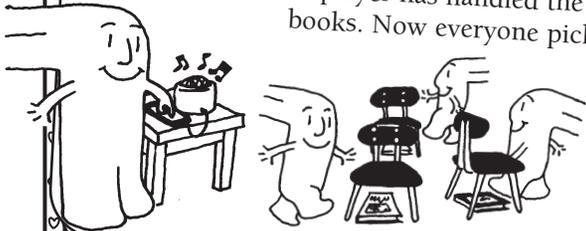
Musical books

Everyone wins in this twist on musical chairs that encourages your child to read for fun.

Ingredients: chairs, books, music player

Let your youngster put chairs in a circle, one for every player, and place a book underneath each chair. Designate one person to start and stop the music while the others walk around the circle. When the music stops, players sit in the closest chair and read the first page of the book under that seat. Then, someone else controls the music for the next round.

Continue until each player has handled the music and sampled several books. Now everyone picks a book to finish. If two people want the same book, they might read it aloud together, alternating pages as they go!



WRITING

You're invited

An invitation includes important information like the date, time, and location of an event. Your youngster can practice writing those details by making his own invitations.

Ingredients: paper, pencils

Ask your child to create invitations for a family activity like a movie night, board game night, or Sunday brunch. He should list details and make the event sound fun. For example, "What: Board game night! Wear your coziest pajamas. Bring a board game to play and a snack to share. When: Saturday, January 18, 2020, 7-9 p.m. Where: Living room." Suggest that your youngster post the invitation on a bulletin board or make a copy for everyone.

MATH

Raid the refrigerator

Look no farther than your refrigerator and pantry to encourage your youngster to measure and compare weights.

Ingredients: food packages, masking tape, pencil, paper

Set out a few packaged foods, such as salsa, pasta, and beans, and use tape to cover up how much each one weighs.

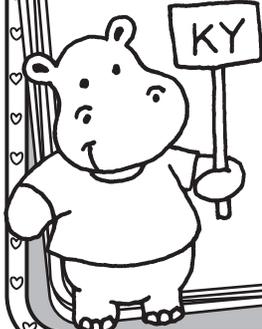
Now invite your child to choose one item and remove the tape hiding its weight. For instance, maybe the can of beans weighs 14.5 oz. She can pick up each of the other packages and estimate how much they weigh based on how heavy the beans feel. Perhaps the bag of rice feels heavier and the cornstarch feels lighter. She should write down her estimates.

Finally, peel off all the tape to see how close your youngster came to the real weights.



GEOGRAPHY

Read a state map with your youngster to find unusual city and town names, such as Gnow Bone, Indiana, and Hippo, Kentucky. She could make a list of the ones you find and go online to research how they got their names.



SCIENCE

Show your child how light refracts, or bends, when it passes through water. Have him draw two arrows on two separate sticky notes, one on top pointing right and the other underneath it pointing left, and hang the notes on a wall. When he slowly moves a glass of water back and forth across the sticky notes, the arrows appear to switch directions!



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Character Corner

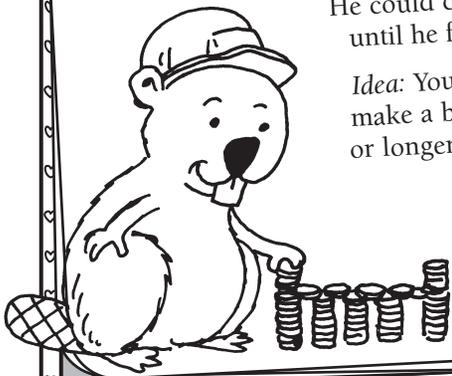
ENGINEERING Penny bridge

Building a bridge with nothing but pennies will teach your youngster logical thinking and design skills.

Ingredients: 50 pennies

Challenge your child to use all 50 pennies to create a bridge that will stand on its own for at least 10 seconds. As he experiments, encourage him to think about what is working and what may work better. Does his bridge need more supports? Should the pennies overlap more or less? He could combine successful ideas until he finds a solution.

Idea: Your youngster might try to make a bridge that is longer, taller, or longer-lasting.



MUSIC

January 27 is Wolfgang Amadeus Mozart's birthday. Celebrate together by listening to his music on a CD, a classical radio station, or online.

Ask your child how the music makes him feel (happy, calm). Does he recognize any familiar tunes in Mozart's works?



COUNTING

Your youngster can interview others to practice recording and counting data. Encourage her to ask you, siblings, friends, or teachers a few questions like "What's your favorite food?" She could create a chart for each question in a notebook, tally responses, and count the results to learn which answers are most common.



CITIZENSHIP

Being a good citizen includes showing consideration for people in your community. Suggest that your child look for ways to do this. For example, at the grocery store, let her



help you return your cart to the corral so it doesn't damage anyone's car.

EMPATHY

Explain to your child that having empathy means being able to put yourself in someone else's shoes.



When someone is upset (say, his sister had an argument with her best friend), ask him to think about how he'd feel in that situation. Then, he could try to cheer her up.

INDEPENDENCE

Have your child make her own to-do lists. Let her write down things she needs to accomplish today, such as finishing homework and feeding her fish. She can put it in a visible spot like on her nightstand. When she completes each item, she gets to check it off her list.



SOCIAL STUDIES

If your child built her own city, what would people need to live there? She can use materials from around the house and create a model of her city. Maybe she'll pick a shoebox for a hospital, a toothpaste box for a bus stop, and a circle of aluminum foil for a lake.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

PARTS OF SPEECH

Ask your child to choose a household item (say, a blanket). Set a timer for one minute while family members list as many adjectives as possible to describe the object.

Examples: colorful, fuzzy, warm. The person with the most adjectives no one else thought of gets to pick the next object.

