

Recipes for Success

Practical Activities to Help Your Child Succeed

MARCH 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

Pictures tell a story

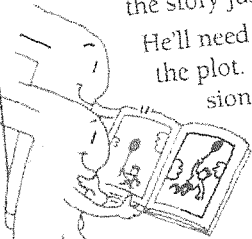
Encourage your youngster to "read" a book using only the pictures. He'll practice inferring, or "reading between the lines."

Ingredients: picture book

Choose a wordless book, or pick a regular book and cover up the words. Turn the pages, and have your child try to figure out what's happening in the story just by looking at the pictures.

He'll need to look at details and make inferences to get an idea of the plot. For example, he might study characters' facial expressions to infer how they're feeling and whether something good or bad is happening in the story.

When you reach the end of the book, go back and read the story aloud, or listen as your youngster reads it to you. How accurate were his inferences?



DIVISION

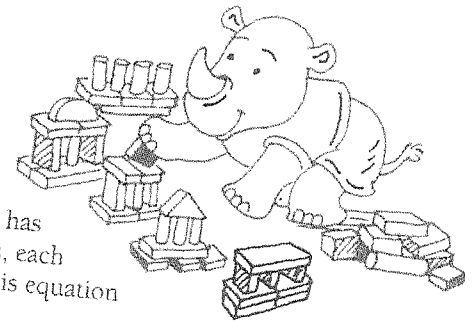
My village

Constructing this block village can help your child "see" division.

Ingredients: building blocks

Suggest that your youngster decide how many buildings his village will contain, then divide up his blocks so each building gets an equal number. Have him tell you the division problem he made. For example, if he has 43 blocks and is planning 5 buildings, each pile should have 8, with 3 left over. His equation would be $43 \div 5 = 8$, remainder 3.

Idea: Encourage creative thinking by asking how he can make each building look different even though he's using the same number of blocks



SPELLING

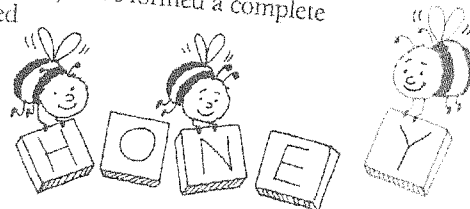
Add a letter

In this collaborative game, no one knows what word the players will end up spelling together!

Ingredients: magnetic letters or letter tiles

Secretly pick any word (say, *cupcake*) and place only its first letter (c) on the table. Now your youngster thinks of a word beginning with c (*candle*) and she adds the second letter (a). You must come up with a word that starts with ca (perhaps *caramel*) and add the third letter (r).

Continue adding one letter at a time until you've formed a complete word and no more letters can be added (no plural words allowed). The last player who contributes a letter scores a point for each letter in the word and then starts a new word. The first person with 50 points wins.



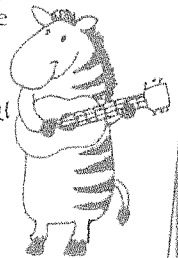
GRAPHING

Let your youngster sort and graph a handful of trail mix to see which ingredient is the most common. She can make a column for each type, being careful to line them up evenly. Ask her questions ("How many more almonds are there than raisins?"), and have her use her graph to answer them. Now enjoy a treat together!



LISTENING

Your child will need to listen carefully to finish your tune. Hum a few lines from a song he knows. Then, have him hum or sing the next few lines or play them on a musical instrument. Now switch roles, and let him hum a song for you to guess.



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Character Corner

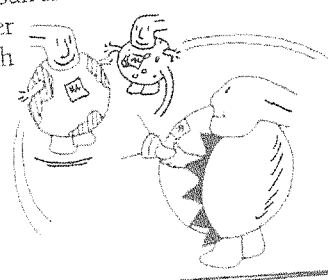
ASTRONOMY Solar system role-play

Act out movement in the solar system—but be careful not to get too dizzy!

Ingredients: three sticky notes, pencil or crayons, flashlight
Have your child decide who will be the sun, the Earth, and the moon. She could make a name tag for each person to wear by labeling or illustrating sticky notes.

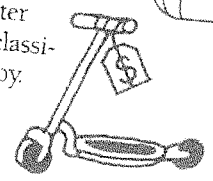
In a dark room, the “sun” (light source) can hold the flashlight and point it at the “Earth,” who should stand about 6 feet away. The Earth slowly rotates (spins around) while revolving (walking in a circle) around the sun. The “moon” revolves around the Earth.

What does your youngster notice? The sun shines on one side of the Earth at a time (daytime) while the other side is dark (nighttime). When the Earth is between the sun and the moon in a straight line, the moon is dark (a lunar eclipse). And when all three are perfectly lined up with the moon in the middle, the moon blocks the sun, and the Earth is dark (a solar eclipse).



WRITING

Let your youngster write a pretend classified ad to sell a toy. She'll practice choosing her words carefully.



First, she could read ads in the newspaper or online for ideas. Point out that each word costs money, so she'll want to use as few as possible to get her message across. *Example:* “Scooter for sale. Like new.”

WORD PROBLEMS

Ask your child to retell a math story problem in his own words. He might swap in his name or the name of his pet. This will help him relate personally to the problem, and it'll be easier—and more fun—to solve. *Note:* He should keep numbers and math words (add, take away) the same.



DEPENDABILITY

Help your child learn to be punctual by appointing him as the family timekeeper. Write down what time you need to leave to visit a relative or run errands. Ask him to look at a watch and announce when there are 30 minutes, 15 minutes, and 5 minutes left.



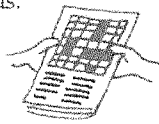
RESPONSIBILITY

The next time your youngster is invited to a party, give her the job of responding. She can call, email, or write to tell the hosts whether she's coming. She'll learn responsibility—and work on using good manners, too.



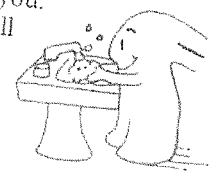
COOPERATION

Turn a crossword puzzle into a family cooperation challenge. One person reads the clues, and anyone who knows the answer says it. Another person fills in the words. Trade roles so everyone gets a chance to read and write.



HEALTH

This “sparkly” activity shows your child why hand washing is important. Sprinkle glitter onto a plate, and have him press a hand into it. Now shake hands—he'll see he has shared his “germs” with you. Repeat the activity; but tell him to wash his hands before shaking yours. This time, he won't spread germs.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

ART

Spring is around the corner! Invite your young artist to make spring-time flowers to decorate your home. She could use materials like construction paper, tissue paper, and pipe cleaners. Then, she can arrange the flowers in colorful bouquets.

