

Recipes for Success

Practical Activities to Help Your Child Succeed

NOVEMBER 2018

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

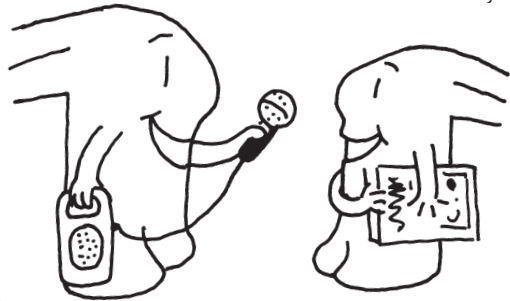
Interviewing the author

Your child can think like a nonfiction author while putting his reading comprehension skills to use with this activity.

Ingredients: nonfiction book

Have your youngster read a book about something he’s studying in school or an activity he enjoys after school (the Civil War, baseball).

Now pretend you’re a radio interviewer and your youngster is the book author you’re interviewing! Ask questions like “Why is this topic important to you?” or “What kind of research did you do to get all the facts?” As he answers your questions, he’ll think critically about the book and the author’s purpose for writing it.



GEOMETRY

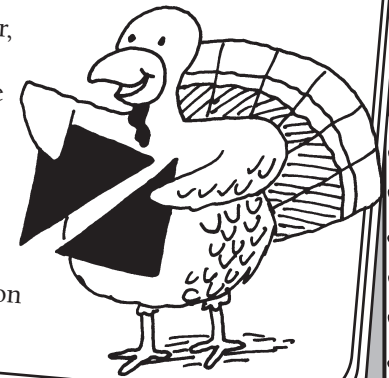
Triangle combinations

Let your youngster discover how triangles combine to form different shapes.

Ingredients: construction paper, scissors

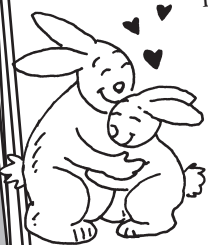
Encourage your child to cut several large squares and rectangles from construction paper, then cut each shape in half diagonally. What does he notice? (Each square and each rectangle makes 2 identical triangles.) Next, help him cut some of the triangles into equal halves.

Suggest that your youngster fit the triangles together to create other shapes. Can he form a trapezoid (a 4-sided shape with only 2 parallel sides)? How about a pentagon (5 sides), a hexagon (6 sides), or an octagon (8 sides)?



FOLLOWING DIRECTIONS

Ask your youngster to line up 10 toys. Take turns giving each other two- or three-step instructions like “Hug me and hide me in a blanket if I have floppy ears.” If you follow the instructions correctly, take the toy. When every toy has been used, the player with the most is the winner.



CAPITALIZATION

Jump up for a capital letter! This idea combines physical activity with punctuation practice. On separate index cards, write 20 lowercase words, including some proper nouns that should be capitalized (mr. jones, thanksgiving). As you flash each card, your youngster jumps up for a proper noun (like a capital letter) and squats down low (like a lowercase letter) for a common one.



SCIENCE

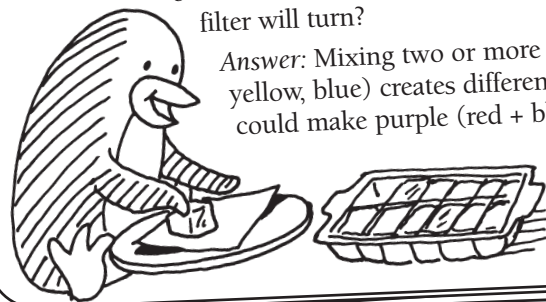
Ice cube crayons

These “crayons” show your child that primary colors (red, yellow, and blue) combine to make new colors.

Ingredients: ice cube tray, water, food coloring, 4 plates, 4 white coffee filters

Let your youngster fill an ice cube tray with water, then use food coloring to turn 4 sections red, 4 yellow, and 4 blue. Freeze until solid. Then, your child should put a coffee filter on each plate and rub different color combinations of ice cubes on each filter. Can she predict what color each filter will turn?

Answer: Mixing two or more primary colors (red, yellow, blue) creates different colors. Your youngster could make purple (red + blue), green (blue + yellow), orange (yellow + red), and brown (blue + red + yellow).



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Character Corner

WRITING Super survey

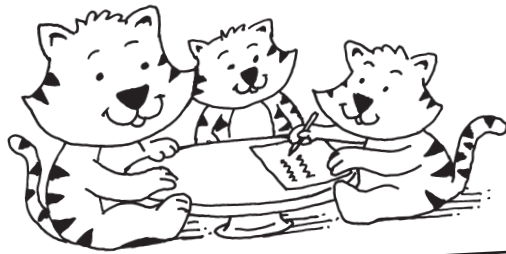
How well does your child know her family? She can take a survey to find out!

Ingredients: paper, pencil

Together, make a list of questions. *Examples:* "What is your favorite food?" "Which animal do you think is the perfect pet?" "Which season do you like best?"

Help your youngster set up a "survey booth" at the kitchen table. Each family member visits the booth alone to answer the questions. Your youngster should write the responses under each question and add her own. After each person has replied, let her read the answers aloud. Can everyone guess who said what?

Idea: Suggest that she graph her survey results.



SOCIAL STUDIES

Together, brainstorm a list of community helpers (librarian, paramedic, construction worker). Then, take turns secretly choosing a helper and filling a bag with items that the helper uses (book, bandage, screwdriver). The other person tries to name the helper.



LANGUAGE ARTS

How does a different point of view change a story? Your youngster could find out by reading one page using a different point of view (for example, changing "she" to "I"). Which version does she prefer?



RESPECT

When you watch a TV show or movie, have your youngster point out ways characters show respect. (*Examples:* asking permission before borrowing something, giving up a seat for an older person.) Then, see how many of the ideas you can use this week.



EFFORT

Suggest that your child write down one goal, perhaps learning the 7s multiplication facts. She can draw a star beside her goal every time she puts effort into reaching it (say, by reciting the facts three times before dinner).



FAIRNESS

Ask your youngster to name a rule a dog might think is unfair like "No playing outside when it rains." Invite him to come up with ideas to make the rule fair for both the dog and its owner (*example:* take a bath immediately after coming inside).



DIVISION

Roll 3 dice, and add the numbers ($2 + 4 + 1 = 7$). Now roll 1 die (perhaps 5), and divide your total by that number ($7 \div 5 = 1$, remainder 2). The remainder is your score. Play 5 rounds, and add your remainders together. High score wins.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

HEALTH

Let your child make a list of fruits (bananas, strawberries) and a list of vegetables (carrots, spinach). How many different smoothie flavors could he create with at least one fruit and one veggie? Try his combinations, and have him keep track of his favorites.

