

Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 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 Cozy book nook

Creating a comfortable spot to read will motivate your child to dive into a good book!

Ingredients: sheet and chairs, box, books, flashlight, blankets, pillows, stuffed animals

Let your youngster pick a quiet spot to set up her nook, perhaps in a corner of the living room. She could pitch a “tent” by draping a sheet over chairs. Or she might turn a large appliance box on its side.

Now have her gather books, a flashlight, blankets, pillows, and stuffed animals to place in her nook. Whenever she wants to read, she can crawl inside.



SCIENCE Balls in motion

Get the ball rolling with this experiment that demonstrates how energy is transferred.

Ingredients: cardboard, stool or step, three same-size balls

Have your youngster make a ramp by propping a sturdy piece of cardboard against a stool or step. He should place two balls at the bottom of the ramp, with the first one touching the ramp and the second one behind the first. What does he think will happen if he rolls the third ball down the ramp so that it bumps the first one? Let him try it to see.

The ball in motion transfers its energy to the first ball it touches—but that ball doesn't roll! Instead, it transfers its energy to the next ball, causing that one to roll.



MATH Toss and subtract

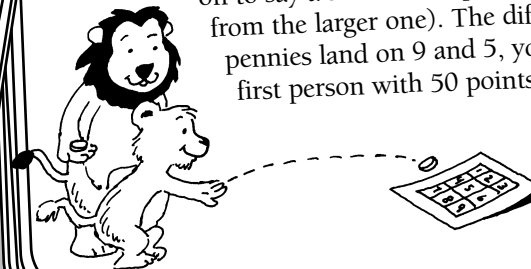
Play this penny-tossing game to help your youngster do subtraction facts in her head.

Ingredients: paper, pencil, pennies

Ask your child to create a game board by drawing a grid with three rows and three columns and numbering the squares 1–9.

Take turns tossing two pennies onto the grid, and use the numbers you land on to say a subtraction problem (subtract the smaller number from the larger one). The difference is your score. So if your pennies land on 9 and 5, you get 4 points ($9 - 5 = 4$). The first person with 50 points wins.

Variation: Draw a grid with a two-digit number in each square to practice subtracting larger numbers. Play to 250 points.



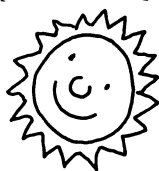
COORDINATION

Hopping or trotting like favorite animals can build your youngster's coordination. Call out an animal for him to imitate. For example, if you say “horse,” he might gallop across the room. Can he walk like an elephant or scamper like a rabbit?



LANGUAGE

Say a random word (*rumpled*), along with a word that means the opposite (*smooth*) and one that means the same thing (*wrinkled*). Your child's job is to figure out which pair are opposites (antonyms) and which are the same (synonyms). Then it's her turn to give you a trio of words.



Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 2019

Character Corner

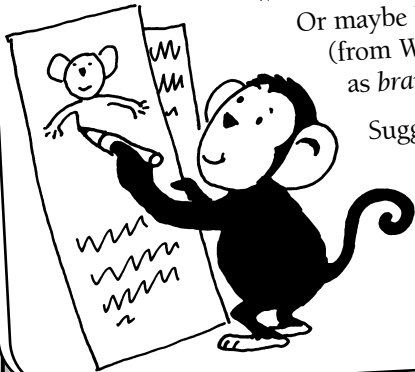
VOCABULARY Character bookmarks

Your youngster can build vocabulary by using adjectives to describe book characters.

Ingredients: construction paper, pencil, scissors

Have your child cut paper into strips to make bookmarks. On each one, he can write the name of the main character in a book and draw a picture. On the back, he should list adjectives to describe the character. For Curious George, he might write *curious*, *mischievous*, and *playful*.

Or maybe he will describe Auggie (from *Wonder* by R. J. Palacio) as *brave*, *resilient*, and *kind*.



Suggest that your youngster keep his bookmarks in a box to use when he reads. He could add new character strips each time he reads a new book.

ORGANIZATION

Suggest that your child come up with a system for organizing your family's movie collection. He could arrange them in alphabetical order or by genre (animated, comedy, science fiction). Together, think of other things to organize (mail, spices, board games) and ways to sort them.



THINKING

Take turns describing everyday things in different ways. Secretly choose a food, an animal, a sport, or a place. Give your youngster clues to figure it out. *Examples:* "You can twirl me around your fork." "Sometimes I have meatballs on top of me." (Answer: spaghetti.) Switch roles, and let her describe something for you.



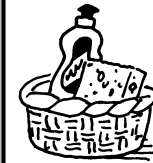
COURAGE



Boost your child's courage by helping her prepare for different situations. If she's nervous about a presentation, pretend you're the teacher, and let her present to you.



INITIATIVE



Let your youngster make "chore kits" that will encourage him to take initiative. For example, he might put dish soap, a sponge, a dish towel, and wipes in a basket under the kitchen sink. He should include a list so he knows what to do (wash and dry dishes, wipe counters).

DECISION MAKING

Find everyday opportunities to build your youngster's decision-making skills. For instance, she might pick out her clothes for tomorrow or decide which homework assignment she'll complete first.



MEASUREMENT

Ask your child to write the numbers 1-10 on separate sticky notes. Now let her pick 10 household objects (crayon, smart speaker, refrigerator). She should stick 1 on the item she estimates is shortest and 10 on the one she predicts is longest or tallest. She can use a tape measure to check her estimates.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

RHYMING

Write pairs of rhyming words on the blank sides of two connecting puzzle pieces. *Examples:* bat and hat, fly and tie, pit and knit. Mix them up, and have your child put each pair together again. He should read the words aloud to make sure they rhyme.

