

Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2011

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."

WRITING

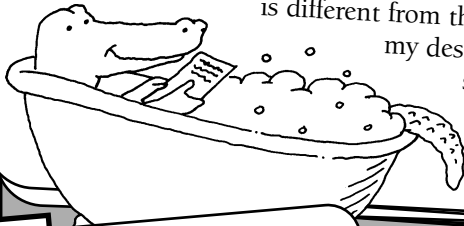
Sentence Switch

Swapping just one word can change the meaning of a whole sentence! Try this writing activity with your youngster.

Ingredients: paper, pencil

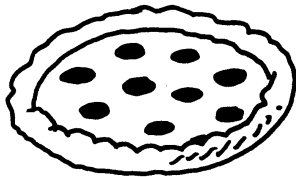
Sit around a table. Have one person write a funny sentence at the top of a sheet of paper ("There is a crocodile in the bathtub"). He passes it to the next person, who writes a second sentence beneath the first, changing one or two words ("There is a crocodile in the hallway"). Then, that player hands the paper to the next person, who rewrites the new sentence and changes a different word or words.

Continue around the table until you have a sentence in which every word is different from the original ("I have two monkeys on my desk"). The last player reads the new sentence aloud—and comes up with a new one to start the game again.



LANGUAGE ARTS

Turn reading into a game the next time you're shopping with your child. Pick a word like "park," and have her hunt for an item that starts with each letter in the word. For instance, she might find "pizza," "artichoke," "raisins," and "kiwi."



HEALTH

Encourage healthy eating by having your youngster eat a rainbow! On a sheet of paper, she can write colors down the left side and food groups (dairy, fruits, vegetables, grains, protein) across the top. How many foods can she come up with for each color?



Post the sheet, and let her cross out each one after she eats it.

MATH

Tic-Tac-Roll

This game lets your child think strategically while she practices addition.

Ingredients: 2 dice, paper, pencils

Have everyone draw a tic-tac-toe grid. On each turn, a player rolls the dice, adds the two numbers together (4, 6), and writes the total (10) in an empty square on her board. Take turns until everyone has a full board.

Then, players add up each column, row, and diagonal to find their highest total. For example, a row with 2, 5, and 8 would equal 15. The winner is the player with the most points for a single column, row, or diagonal.

Play again, but this time, encourage your youngster to think carefully about where she places each number. How can she get the highest possible score?



HISTORY

On This Day...

What happened on today's date 25 years ago? And 25 years from now, what will people remember about today? With this activity, your youngster can discover what makes history!

Ingredients: almanac or Internet access, newspaper

Check out an almanac from the library (try *The World Almanac for Kids* 2011). Or visit a website like www.history.com/this-day-in-history or <http://learning.blogs.nytimes.com/on-this-day>. Ask your youngster to choose an event that looks interesting and to photocopy or print out the article.

Then, get a copy of today's newspaper. Have him browse the headlines for a story that he thinks will be important in the future (a new country is formed, the World Series has a surprising winner), and let him cut it out.

Finally, ask him to read both stories aloud to your family.



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Character Corner

READING

Story Suitcases

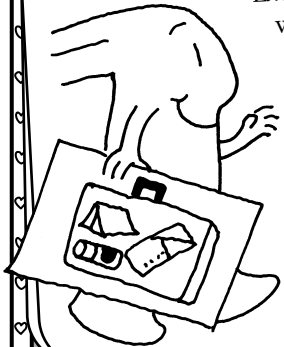
Explore favorite stories by “packing” for a pretend trip. This activity will help your youngster identify a story’s *setting*, or where it takes place.

Ingredients: books, paper, crayons

Start by reading several books with your youngster. Each of you secretly choose a setting from one of the stories.

Then, draw a suitcase on your paper and decorate it with pictures of things you’d need to take on a trip to that setting.

Example: If the story takes place in the woods, you might draw a tent, a sleeping bag, and bug spray. Exchange “suitcases,” and try to guess each other’s setting.



MATH

Have your youngster write the numbers 1–20 down one side of a piece of paper. Then, ask him to think of something that equals each number. Encourage him to be creative! *Examples:* 5 = the number of people in our house, 16 = the number of legs on four horses.



CREATIVITY

Look at clouds with your youngster, and ask him to name the objects they resemble. He might see a rabbit, a clown, or a puppy, for instance. Then, have him make cloud pictures by gluing cotton balls to blue construction paper. Tip: He can stretch the cotton balls to make thinner clouds.



CITIZENSHIP

Good citizens take care of their homes and communities. Together, brainstorm ways that family members can do their parts. For example, raking leaves keeps them from blowing into neighbors’ yards, and returning library books ensures others can read them.



POSITIVE ATTITUDE

Ask your child to cut 10 circles from colored paper. Then, have family members write a nice fortune on each one. *Example:* “You’ll have good luck in sports today.” Fold the circles, put them in a bowl on the table, and let each family member pick one.



TRUSTWORTHINESS

Read a few magazine advertisements with your youngster. Are they accurate, or do they “stretch” the truth (“The best deal ever!”) or leave out important details (“Price subject to change”)? Ask your youngster how she can help make sure that people trust her (tell the truth, avoid exaggerating).



MONEY

Give your child a handful of pocket change. Ask her to sort it by value (pennies, nickels, dimes, quarters). Then, she can tally each stack and count the total. Suggest that she find other ways to sort and count the money, too. *Examples:* by color, by size, by date.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

VOCABULARY

Play this game to match adjectives with people, places, or things they describe. Ask your child to write down 10 adjectives (*orange, tall*). In the car, let him call out each word and have everyone race to spot something that goes with it (*orange traffic cone, tall tree*).

