

# Recipes for Success

Practical Activities to Help Your Child Succeed

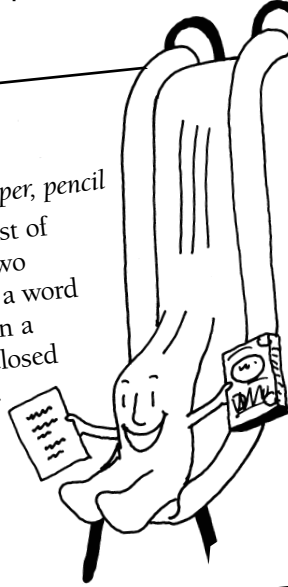
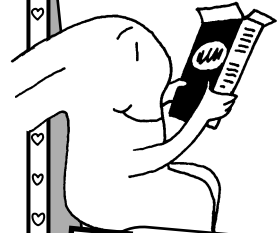
SEPTEMBER 2011

## READING Snacktime Reading

What do snacking and reading have in common?  
Answer: Your child can do both at the same time!

**Ingredients:** cracker box (or other food package), paper, pencil  
Help your youngster choose a snack, and make a list of things for her to find on the container. Examples: two words that rhyme, an adjective, a word with an X in it. Put a serving on a plate, and have her keep the closed box beside her while she eats.

**Variation:** Write a few words on paper ("sodium," "wheat," "calories"), and see if your child can find them on the box.



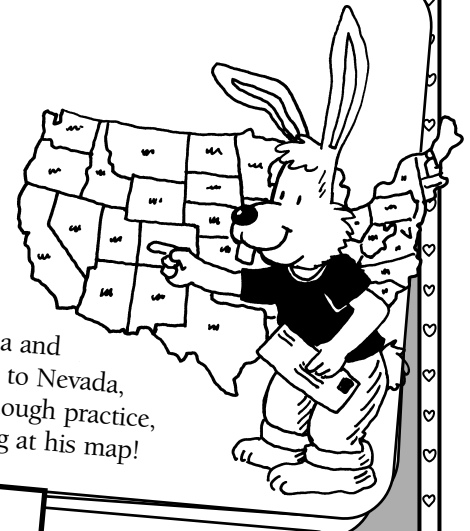
## GEOGRAPHY Traveling Mail

Here's how checking the mail can help your youngster become familiar with the United States map.

**Ingredients:** mail, map

Gather your mail for a week. Then, let your child look at the return address on each piece. Ask him, "Did it come from the state we live in or a different state?" If it's from another, help him use a map to name the states it crossed to get to your house.

For example, if you get a catalog from California and you live in Illinois, your youngster would point to Nevada, Utah, Colorado, Kansas, and Missouri. After enough practice, he might be able to name states without looking at his map!



## 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."

## SUBTRACTION Marble Mania

Open doors with this game that will sharpen your child's subtraction skills.

**Ingredients:** cardboard box, scissors, paper, pencil, marble or small ball  
Cut four "doors" in one side of a cardboard box, making each slightly narrower than the one before it. Then, have your youngster write the numbers 5, 10, 15, and 20, above the doors. (The highest number goes above the smallest door.)

Each player starts with 100 points. From about one foot away, take turns trying to roll the marble through any door. If you get it through, subtract its number from your score. The first player to reach zero (by exact count) wins. **Hint:** Rolling marbles through the door that's worth 20 points will help you get to zero the quickest.



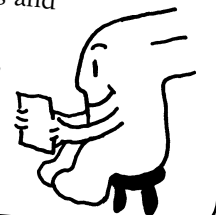
## MUSIC

Play musical chairs and introduce your child to a variety of music. Set out one chair per player. Turn on the radio while players circle the chairs in time to the music. Remove one chair and turn off the music. Everyone sits down. The person left standing is out and removes another chair. Play a different station (classical, rock, blues, country) for each round.



## STUDY SKILLS

Help your youngster practice recalling what he studies. Each of you write five short sentences on a sheet of paper. Examples: "Sam likes chess." "The elephant has big ears." Next, trade papers and study the lists for one minute. Then, turn the lists over and try to write every sentence.



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## Character Corner

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### SPELLING Fishing for Words

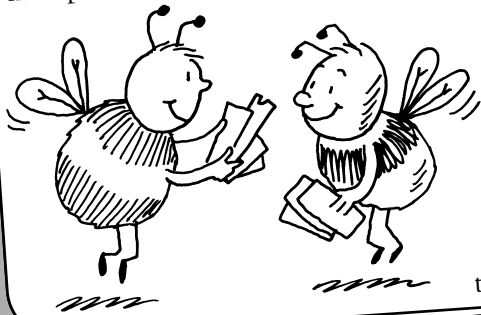
This version of Go Fish will help your child spell tricky words correctly.

**Ingredients:** 2 dozen index cards, pencils

Together, make a list of a dozen sets of homophones (words that sound the same but have different spellings and meanings). Examples: "ate/eight," "be/bee," "paws/pause." Have your youngster write each word on a separate index card.

Shuffle the cards and deal five to you and five to your child. Put the rest facedown in a pile with the list next to it. Take turns trying to make a pair. For example, if your child has "peak," she would ask, "Do you have p-e-e-k?"

If you have the card, give it to her, and your youngster lays down the pair. If not, say, "Go fish!" and she draws one card from the pile. Then, it's your turn. The first player to get rid of all her cards wins the game.



### SCIENCE

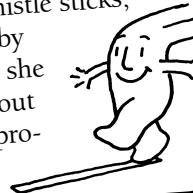
Take a walk and gather leaves off the ground for your child to observe and compare.

Can he identify a "simple" leaf—one leaf per stem, such as a maple leaf? How about a "compound" leaf—several leaves per stem, such as a walnut leaf? Then, have him look for other similarities and differences in the leaves he collected (color, size).



### COORDINATION

Make a "tightrope" (about six feet long) using sidewalk chalk or tape. Encourage your youngster to walk the line while reciting a tongue twister ("Six thick thistle sticks," "She sells seashells by the seashore"). Can she make it across without stepping off or mispronouncing a word?



### FRIENDLINESS

The next time you're out with your child, have a "Smile-a-Thon." See how many smiles you can get back from other people just by smiling at them. Whoever receives the most grins in return wins!

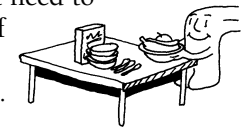


### GOAL SETTING

Your youngster will be more likely to stick with goals that he writes down. Let him make a poster for the inside of his bedroom door that lists three goals for this school year. Examples: "I will learn to type," "I will work on long-term projects a little each day."

### INDEPENDENCE

You can encourage your child to be more independent and make mornings easier. How? Have her choose the breakfast menu the night before. Let her set the table and get out foods that don't need to be refrigerated (a box of cereal, bananas) before she goes to bed.



## Congratulations!

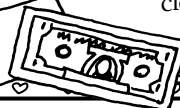
We finished \_\_\_\_\_ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

### GEOMETRY

Try this contest with your family. Name a small object to draw that's shaped like a circle, square, triangle, or rectangle. Example: Draw a rectangle the size of a dollar bill. When everyone finishes, compare the shape and size to the real thing. The person whose drawing is closest picks the next object to draw.



### GRAMMAR

Have your child read a picture book or short magazine article and make a tally mark for each period, comma, question mark, and exclamation point. Ask him to count how many of each he found and give you examples of how they're used (comma—between a city and state; exclamation point—to show surprise).

