

# Recipes for Success

Practical Activities to Help Your Child Succeed

NOVEMBER 2009

## FRACTIONS Fraction Action

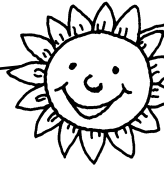
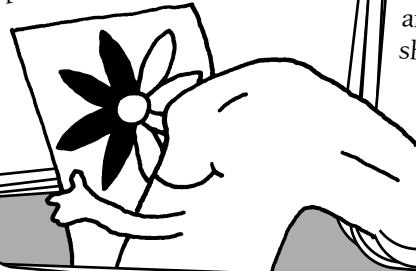
Your child can put fractions to use with this activity.

**Ingredients:** paper, pencil, colored markers or crayons

Ask your youngster to draw a flower. The catch? He has to figure out what color to make the petals based on your instructions.

For example, you might have him draw a flower that has eight petals. Tell him that  $\frac{1}{2}$  of the petals must be blue,  $\frac{1}{4}$  green, and  $\frac{1}{4}$  red. His flower would need to have 4 blue petals ( $\frac{1}{2}$  of 8), 2 green petals ( $\frac{1}{4}$  of 8), and 2 red petals ( $\frac{1}{4}$  of 8).

Then, let him give you instructions for drawing a flower.



## LANGUAGE ARTS Reading Investigation

Encourage your youngster to make a book about her favorite topic. She'll practice research, reading, and writing skills.

**Ingredients:** library books, paper, stapler, pencil, markers or crayons

Visit the library and check out books about a subject that interests your child (an athlete, coin collecting, Egyptian pyramids).

Have her fold five sheets of paper in half and staple them together to make a book. As she reads, she can write one interesting fact about her topic on each page of the book.

(The largest pyramid is 146 meters tall. It's made of more than 2 million stone blocks.)

Let her draw a picture to illustrate each fact.

When she finishes, she can read her book to you.

## 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."

## HEALTH Food Group Buffet

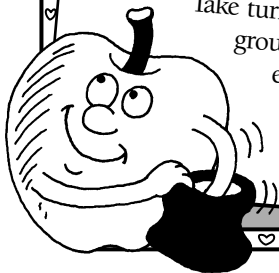
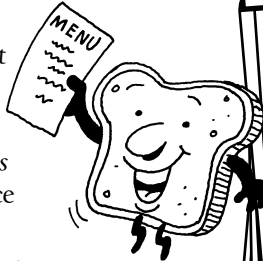
Play a game to help your youngster learn to create healthy meals.

**Ingredients:** paper, pencils, bag

Talk with your child about the food groups, and explain that he needs foods from each group every day to be healthy.

On five slips of paper, have him write *meat* (meat, poultry, beans), *dairy* (milk, cheese, yogurt), *fruits*, *vegetables*, and *grains* (bread, rice, pasta). Put the slips in a bag. Give everyone a piece of paper and pencil.

Take turns drawing a slip, writing a food that belongs in that food group on your sheet of paper, and returning the slip to the bag. For example, if your youngster draws "vegetable," he might write "broccoli." If you draw a slip you've already used, put it back in the bag, and it's the next person's turn. Play until everyone has created a meal that contains all the food groups.



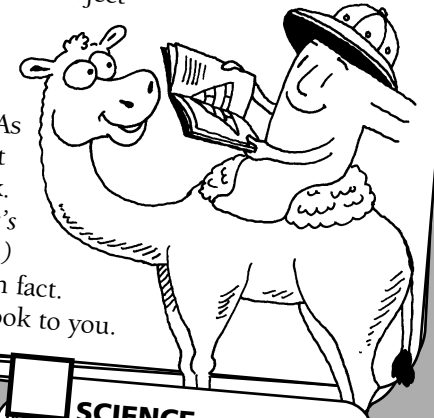
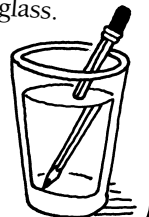
## MONEY

Help your child practice counting money by putting her in charge of making sure you receive the correct change. Say you buy a few items that add up to \$8.50, and you give the cashier \$10.00. Your youngster can do the math in her head to figure out how much change you should get back ( $\$10.00 - \$8.50 = \$1.50$ ). Then, she can count the change to make sure it's the correct amount.



## SCIENCE

Explain refraction to your youngster with this simple experiment. Fill a glass with water. Put a pencil in the glass so it leans against the side. Have your child look through the side of the glass. He'll see that the pencil appears to be broken. That's because water bends light, making the part of the pencil in the water look bent.



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## Character Corner

### SPELLING Spelling Cover-Up

Sneak in spelling practice and build word recognition skills with this version of Name That Tune.

**Ingredients:** colored paper, scissors, spelling words, paper, pencil

Cut a bookmark-sized strip from colored paper. Print one of your child's spelling words in large letters on another piece of paper, and cover the word with the strip. Reveal the word to your youngster one letter at a time. After each letter, she tries to guess the word and spell it. When she gets it right, the number of letters showing is her score for the round. For example, if you reveal M-O-N-K and she guesses "monkey," she gets four points.

Then, let her cover a word for you to guess and spell. When you run out of words, the person with the lowest score wins.

### Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### MEASUREMENT

Give your child a ruler and put her estimation and measurement skills to work. Have her find three things that she thinks will measure exactly one foot long when laid end to end (scissors, cell phone, paper clip). She can lay her choices on a table and measure them. Let her keep trying with different items until they total 12 inches.

### SOCIAL STUDIES

Ask your youngster to think of a job he might like to do when he grows up. Then, let him make a poster with pictures from a magazine that relate to the job. For example, if he says he wants to be a doctor, he might find a stethoscope, a medicine bottle, a box of Band-Aids, and a thermometer.

### VOCABULARY

Your youngster can explore the meanings of words by creating new ones. Take turns choosing two words from a book or newspaper and making a new compound word (sniffle + snooze = "snifflesnooze"). Together, make up a definition for your new word. Snifflesnooze: a nap you take when you have a cold.

### APPRECIATION

Have family members write things they are thankful for on leaves cut from colored paper (*my teacher, my home, football*). Ask your child to draw a tree trunk and branches on a large sheet of paper. Hang the sheet on a wall, and let everyone tape their leaves on the tree.

### GOALS

Let your youngster map out the steps to large projects. Suggest that he draw a road on paper and label "pit stops" for each step (*read books, take notes, write report*). When he completes a step, he can draw an X on the pit stop to mark his progress.

### FAIRNESS

If you often hear complaints that a sibling or friend got a bigger portion of something, try this trick. Let one person divvy up the item, and give the other person first pick. Your children will learn to share, and you'll hear fewer complaints.

### MUSIC

On November 6, celebrate the birthday of the famous composer, John Philip Sousa. Your youngster can read *John Philip Sousa* by Mike Venezia. Or play some of Sousa's 136 marching songs on a CD or computer ([www.dws.org/sousa/works.htm](http://www.dws.org/sousa/works.htm)), and let your child march along to the music.