

Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2008

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 Book Q&As

Boost your child's reading comprehension with this everyday question-and-answer game.

Ingredients: book, paper, pencil

Choose a book (example: *Nate the Great* by Marjorie Sharmat), and take turns reading a page or chapter aloud. After each person reads, the other person writes down questions about the story, leaving space for the answers. For example, when your youngster reads a page, you might write, "What did Nate the Great have for breakfast?" While you read, your child could write, "What did Nate lose?"

Then, trade papers and write your answers (pancakes, a picture) to the questions. Together, check the book to see if they're right. Select a new story, and play again.



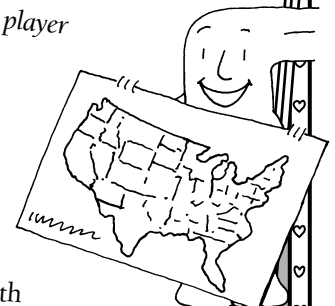
GEOGRAPHY Coast to Coast

Is Colorado east or west of Nevada? Which state is farther north—Iowa or Arkansas? Your children can learn the locations of all 50 states with this geography activity.

Ingredients: 50 index cards, pencil, a U.S. map for each player (such as a weather map from the newspaper)

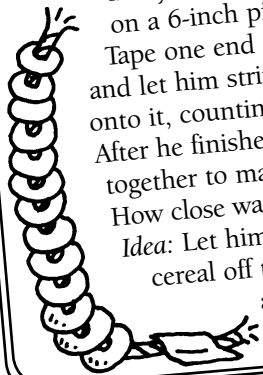
Help your youngster write each state's name on a separate index card. Give every player a map (with North, South, East, and West labeled). Stack the cards, and let players draw five cards each.

Using their maps, players have to put their cards in order from east to west (example: North Carolina, Missouri, New Mexico, Utah, California) or north to south (Maine, New York, Virginia, Tennessee, Louisiana).



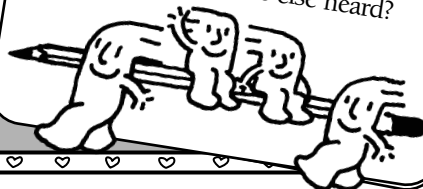
ESTIMATION

Ask your child to guess how many cereal rings will fit on a 6-inch piece of yarn. Tape one end to a table and let him string cereal onto it, counting as he goes. After he finishes, tie the ends together to make a bracelet. How close was his estimate? *Idea:* Let him eat the cereal off the yarn as a snack.



WRITING

Help your youngster work on descriptive writing and listening skills with this activity. Give everyone in the family a pencil and paper. Sit quietly while each person writes a description of the sounds she hears (a fan whirring, a car horn blowing). Compare your lists. Did anyone write about a sound no one else heard?



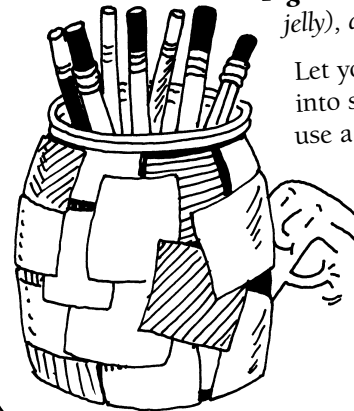
ART Stained-Glass Jar

Recycling glass jars into colorful pencil holders will strengthen your youngster's fine-motor skills and encourage creativity.

Ingredients: glass jar (examples: mayonnaise, pickle, jelly), different colored tissue paper, scissors, glue

Let your child cut several sheets of tissue paper into small squares (about 1 inch each). Have her use a cotton swab to spread a thin coat of glue around the outside of the jar. Then, she can cover the jar with tissue squares.

Set the jar aside for a couple hours, until the glue dries completely. Your youngster can give it as a gift or keep it and fill it with pencils or markers.



Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2008

Character Corner

MATH Card Patterns

A deck of cards offers nearly endless possibilities for practicing patterns.

Ingredients: playing cards, paper, pencil

Deal 10 cards to every player. Each person arranges his cards on the table to make the longest pattern he can find.

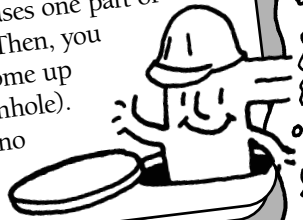
Examples: "Red, black, black, red, black, black," or "Face card, number card, face card, number card."

Award each player one point for every card he uses. Then, have everyone discard all their cards, and deal them 10 new cards. The winner is the first player to earn 50 points. *Note:* When you run out of cards, shuffle the used ones and continue dealing.



VOCABULARY

Learn about compound words with this quick game. Say a word that's made of two words (mailbox). Ask your youngster to think of a new compound word that uses one part of yours (mailman). Then, you divide hers and come up with another (manhole). Keep going until no one can name a new word.



READING

A cookbook is a tasty tool for teaching your youngster to use an index. Turn to the back and ask him to find three wintry recipes, such as beef stew, corn chowder, and chili. Help him use the page numbers to find each one. He can choose his favorite and read the instructions aloud while you cook together.



SCIENCE

Does your child know that a sliding board is considered a "simple machine"? It's an example of an inclined plane—a flat surface that's higher on one end—and is used to move objects or people from a higher to a lower place. See if she can find other inclined planes (wheelchair ramp, hillside).



HONESTY

Read *The Boy Who Cried Wolf* to your child. Afterward, talk about the consequences of lying (others doubt your word, feelings get hurt). Have your child create a poster with a picture of the wolf. Around it, he can write all the reasons he thought of for being truthful.



CONFLICT RESOLUTION

Encourage your youngster to solve problems using negotiation. For example, if she and a friend disagree over the rules of a game, they can brainstorm a compromise. They might decide to ignore a particular rule or invent a new one to replace it.



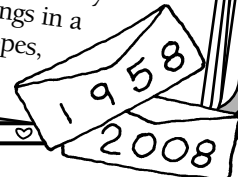
POSITIVE ATTITUDE

Your child can face disappointment with a sense of humor. When something goes wrong, take turns thinking of silly things that could have made it worse. *Example:* "I lost my milk money, but at least a turtle didn't steal my peanut butter cookie!"



HISTORY

Compare past and present with this activity. Have your child draw pictures of five items that didn't exist 50 years ago (iPod, personal computer), and put them in an envelope labeled "2008." Ask an older relative to draw five items that are rare today (record player, rotary telephone), and put her drawings in a "1958" envelope. Trade envelopes, and discover what's inside.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)