

Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2020

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

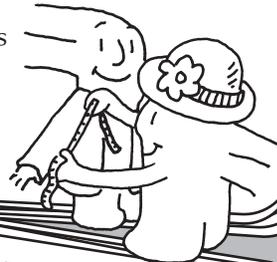
You're hired!

Inventing an imaginary career for a storybook character will encourage your child to pay attention to details as she reads.

Ingredients: book, paper, pencil

What job would your youngster's favorite character be good at? Read a book together, and encourage her to consider the character's interests, personality traits, and skills. For instance, Nancy from *Fancy Nancy* (Jane O'Connor) may want to be a fashion designer or a clothing store owner since she loves dressing up, is enthusiastic about style, and knows how to put outfits together.

Now have your child use details from the book to write a job listing. (“Must have experience selecting accessories to match clothing.”)



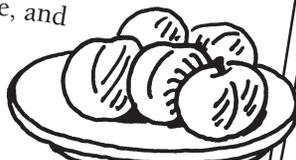
SAFETY

Let your child create a cold weather kit to help your family stay safe and warm on road trips. She could gather extra gloves, socks, hats, and blankets, along with a flashlight and jumper cables. Have her pack them in a box or plastic bin to keep in the car in case of a problem like a flat tire or a dead battery.



PHONICS

This activity helps your youngster hear sounds in words. Ask him to secretly pick a consonant combination (pl) and say a sentence with as many words as possible that contain it. (“Please pass the plate of plums.”) Can you name the combination? Now pick a different one, and make up a sentence for him.



MATH

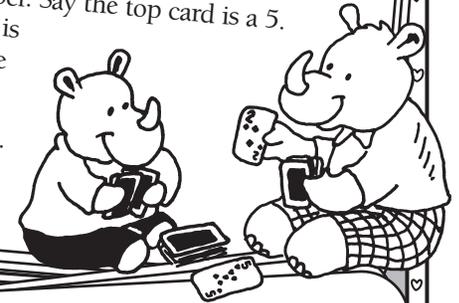
Prime time

Your youngster will practice identifying prime numbers—those that can only be divided by 1 and themselves—with this game.

Ingredients: deck of playing cards (ace = 1, jack = 11, queen = 12, king = 13)

Deal seven cards to each player, stack the rest facedown, and turn over the top card. The first player chooses a card from her hand to lay beside it—the two cards must add up to make a prime number. Say the top card is a 5. She might lay down a 2, since $5 + 2 = 7$ and 7 is prime. If she can't form a prime, she draws one card from the pile, and her turn ends.

The first person to get rid of all her cards wins.



STUDY SKILLS

Condensed notes

Going on a fact-finding mission about a favorite topic helps your youngster learn to take good notes.

Ingredients: books or internet, pencil, paper, highlighter, index card

Let your child pick a topic he's interested in, like sled dog racing or skateboard tricks, and research it in library books or online. Have him write down facts on paper. Examples: “The Iditarod sled dog race is held in Alaska.” “Many sled dogs are Huskies.”

Then, challenge him to condense his notes so they fit on one index card. He could highlight the most important facts and copy them to the card, using symbols (@, &) and abbreviations (aka, i.e.) to make them fit. Now let him present the facts to you.



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Character Corner

SOCIAL STUDIES Design a city

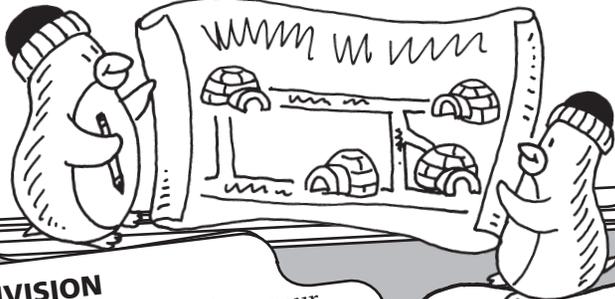
What fun! Your youngster can create an imaginary city—and learn about maps at the same time.

Ingredients: map, crayons, paper

Together, look at a map of your area. Ask your child to locate places like the airport, park, or library.

Next, suggest that he draw a map of an imaginary city named after himself. For example, Michael could design Michaelville. What will he include? A baseball stadium? A subway system? A post office?

Now he can compare the two maps. Ask what they have in common (museum, school) and what's different (maybe his map shows a toy store and the real one has a town hall).



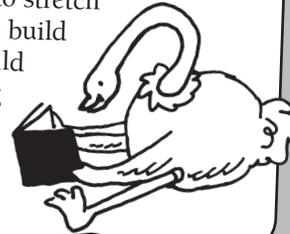
DIVISION

To practice division facts, have your youngster cut ice cream scoops and cones out of construction paper. He can write division problems (28 ÷ 4) on the scoops and the answers (7) on the cones. To study, he puts the ice cream on the cones—matching problems with their answers.



FITNESS

Challenge your child to find ways to fit in more exercise throughout the day. To work on flexibility, she might sit with her legs in a wide V to stretch while reading. To build strength, she could squat by bending at the knees with her back against a wall when she watches TV.



CAPITALIZATION

Ask your youngster to write uncaptialized nouns on 12 separate index cards—half common nouns (horse, iced tea) and half proper nouns (mexico, mr. smith). Family members take turns drawing a card and say whether it's correct (class president) or should be capitalized (President Lincoln).



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

ONE WAY

CURIOSITY

What colors are on a "One Way" sign? On separate strips of paper, have your child write questions about things you might see on the road. She could keep the questions in a zipper bag and choose ones to answer each time you're out.

PRIDE IN WORK

Let your youngster create a checklist for reviewing his schoolwork before he turns it in. His list might include "I followed the directions" and "I checked my spelling." He could decorate the list and keep it handy.



FORGIVENESS

Expressing feelings can help your child forgive others. Say her brother borrowed something without her permission. Ask her to explain to him why she's upset. ("That's my special stuffed animal, and I like to always know where it is.")



LISTENING

Have your child close his eyes and listen as you make three noises. You might open and close the refrigerator, bite an apple, and tear off a paper towel. How many sounds can he recognize correctly? Increase the number of sounds for a bigger challenge.

