

Recipes for Success

Practical Activities to Help Your Child Succeed

MAY 2019

READING Mixed messages

As your child races you in this activity, he will build reading and logic skills.

Ingredients: storybooks, pencils, paper, scissors
Each person should choose a book. Look through your book, and secretly pick a sentence with at least five words. Write the sentence, and cut the paper apart so each piece has two or more words. Swap books and sentence pieces.

On the count of three, race to see who can put the sentence in order and find it in the book first.

Variation: Use sentences in newspaper or magazine articles instead of storybooks.



WRITING Create a comic strip

Drawing a comic strip is a fun way to practice writing dialogue.

Ingredients: comic books or newspaper comic strips, crayons or markers, paper
Let your child pick a comic for the two of you to read aloud. Each of you could choose characters and use different voices to read the speech bubbles so your youngster gets a sense of how the conversation sounds.

Then, encourage your child to draw and write his own comic featuring himself and family or friends. It might be about something that happened that day, or he can make up a story. What will his characters say to each other? When he finishes, read his comic strip together.



MATH A number finds its place

This game helps your youngster understand the connection between digits and their place values.

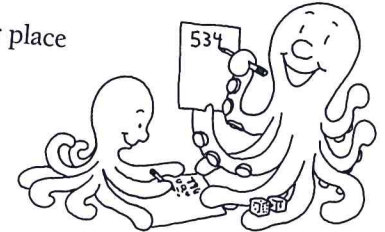
Ingredients: two dice, masking tape, pencil and paper for each player

Have your child turn one die into a "place value die." She should cover it with squares of masking tape and label two sides "1s," two "10s," and two "100s." Take turns rolling both dice three times to create a three-digit number. The regular die tells what digit to write on your paper, and the place value die tells where to put it (100s, 10s, or 1s place). **Example:** Roll 5 and 100s, 3 and 10s, and 4 and 1s to get 534. (Roll the place value die again if you get the same place value more than once.) Add your numbers as you go. The player with the highest total after 10 rounds wins.



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."



SOCIAL STUDIES

Ask your youngster to name ways people get from one place to another (cars, walking, camels). How many can he think of? For older children, limit the list to a single category of transportation, such as animals or things with wheels.



FITNESS

Turn cleanup time into fitness time. Place a box at one end of a room. When you say "Go," start a timer, and your child races to pick up scattered toys and put them in the box. Check her time. Can she beat it at cleanup time tomorrow?



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Character Corner

SCIENCE Camouflaged creatures

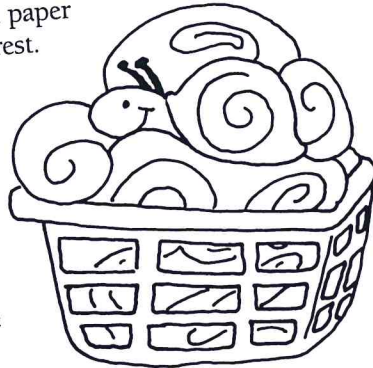
How do animals protect themselves? Your child can see for himself how patterns and colors help creatures blend into their surroundings and stay safe from predators.

Ingredients: clothes, dish towels, blankets, construction or scrapbook paper, toy animals

Have your youngster lay out fabric and pieces of paper that remind him of colors and patterns found in nature. A blue shirt might look like the ocean, for instance. Brown paper could resemble the ground in a forest.

Now he should match animals with the fabric or paper where they'll be most camouflaged and hide them around the house.

Can you spot the animals? Next, camouflage and hide animals for him to find. The better camouflaged the animals are, the harder it is to see them.



MEMORY

Boost memory skills with this interview game. Write 10 simple questions. Ask the first two ("How old are you?" "What's your favorite color?"). Have your child answer only the first one ("8").

When you ask the third, she'll answer the second ("blue"), and so on. Can she remember what you asked?



SAFETY

Summer is around the corner, which means more time to ride bikes. How many ways can your child think of to stay safe? *Examples:* Wear a helmet that fits properly, wear bright colors, use hand signals. Have him make a colorful bike safety poster as a reminder.



GOAL-SETTING

Talking about your goals can be a powerful way to stay accountable for them. Share a personal or job-related goal, and invite your child to tell you one of hers. Then, pick a regular time (say, during dinner) to discuss your progress.



RESPECT FOR THE EARTH



Together, make your own environmentally friendly cleaning supplies. Your youngster could mix $\frac{1}{2}$ cup each of water and white vinegar in a spray bottle to make a toy cleaner. Or he might cut old T-shirts into reusable cleaning rags.

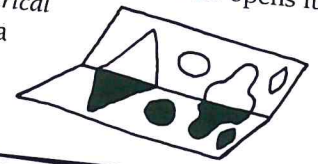
CONTROLLING ANGER

When your child gets angry, have her write a "mad memo." She can "lose her cool" — on paper only — by writing how she feels in capital letters and with exclamation points. Once she's calm, talk about what made her angry.



SYMMETRY

Let your child fold a piece of paper in half lengthwise and then open it. He can paint a design on one half. Before the paint dries, he should fold the paper back in half, pressing the sides together carefully. When he opens it, he'll see a *symmetrical* design, each half a mirror image of the other!



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

PUNCTUATION

What a difference a comma makes! Show your youngster these two sentences: "I love baking, my toys, and my guitar" and "I love baking my toys and my guitar." How does the meaning change? Now let her think of sentences that turn silly without commas.

