

Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2016

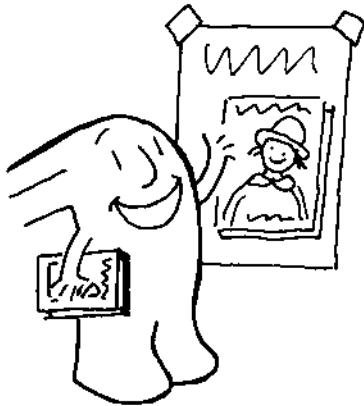
Refrigerator Poster

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 talk

Let your youngster share a favorite book by giving a "book talk" with details about the story's key elements.

Ingredients: book, index cards, pencil, poster board, crayons or markers



After reading the book, your child can identify the main points she wants to make. What is the plot? What's interesting about the characters? How did they change as the story progressed? She will have to think carefully about the book to pull out important details.

Your youngster could write her ideas on index cards and make a poster advertising her book to use during her talk. Now sit back and enjoy her presentation!

MATH Prime time

Play this card game to help your child identify prime numbers.

Ingredients: deck of cards (face cards removed, ace = 1), paper, pencil

Deal six cards to each player, and stack the rest. The object is to find as many prime numbers as possible. *Note:* Primes are numbers that can be divided evenly only by 1 or themselves.

Each round, players draw a card and lay down any primes in their hands. (They can use scratch paper to do the division and check.) One point is earned for each card used. Combine a 5 (prime) and a 6 (composite number) to make the prime number 11, and earn 2 points. The first person to get 50 points wins.



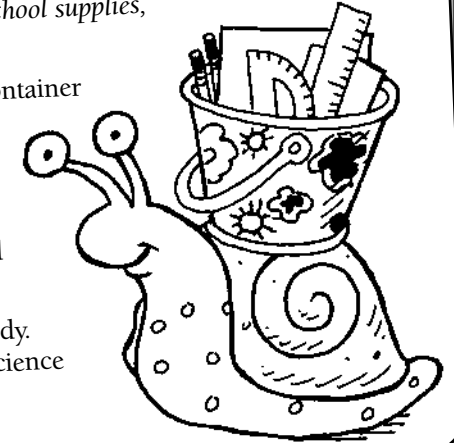
STUDY SKILLS Brainy bucket

Your youngster can be study-ready by putting together a portable study kit.

Ingredients: bucket or other container, school supplies, art supplies

Suggest that your child decorate the container using paints, markers, crayons, or stickers. Then, he can stock it with supplies like pencils with erasers, paper, a highlighter, a ruler, crayons, markers, a protractor, a calculator, and flash cards.

Have him add a list of fun ways to study. *Examples:* Bounce a ball to spell out science words, one bounce per letter. Draw pictures to solve math problems.



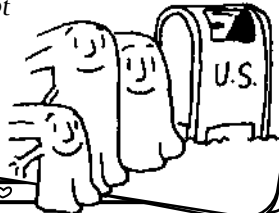
PHONICS

Practice phonics with a scavenger hunt. On small pieces of paper, write letter combinations (tr, fl, ch, qu), and put them in a bowl. Let your child pick one and say it aloud. Next, challenge her to find an object with that combination (a quilt for qu). Take turns, or let her choose again.



SAFETY

Together, make a family fire-escape plan. Ask your youngster to sketch your home's floor plan on paper, labeling each room. He should draw an X over ways to escape (doors, windows). Then, help him draw a line showing the way from every exit to a safe meeting spot outside, like a mailbox down the block.



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Character Corner

MAP SKILLS Find the object

A treasure hunt makes working with map coordinates an adventure.

Ingredients: paper, crayons, pencil, ruler

Help your youngster draw a map of his bedroom showing his bed, desk, chair, and other items. Using a pencil and a ruler, he can divide the map into four rows and four columns. Have him label the rows A, B, C, and D along the left side, and the columns 1, 2, 3, and 4 across the top.

Now hide an object somewhere in his room. Look at his map, and tell him which coordinate location it's in ("The stuffed panda is in B3"). Show him how to slide his finger across the "B" row until he reaches the "3" column—then he looks in the corresponding spot in his room for the item. When he finds it, he can hide a treasure for you.



FITNESS

Here's a playful way for your youngster to practice coordination and balance. Take turns asking each other to do two activities at once, such as stand on one leg while patting your head or rub your stomach while skipping. For an added challenge, try three motions.



STORYTELLING

Ask your child to think of two characters and begin to tell a story about them. The next person adds to it, then your youngster (or someone else) continues. Each person takes a few turns before your child ends the story. *Idea:* Use a tape recorder to capture the entire tale.



INITIATIVE

Have your youngster write "Job well done" on a piece of paper. Every time she takes care of something (like putting away her clean clothes) without being asked or reminded, she crosses out a letter. How quickly can she cross them all out?



PATIENCE



Doing activities that require patience will help your child learn to wait. Together, plant seeds in a flower pot, water them, and place the pot near a sunny window. Suggest that he make tally marks on a sheet of paper to track how many days it takes for the seeds to sprout.

COURAGE

In a notebook, your youngster can draw pictures of brave people, perhaps an uncle who's a firefighter. When she needs courage (say, to try out for a sport or present an oral report), she can leaf through her notebook for inspiration.



COUNTING

Turn an empty egg carton into a math activity. Have your child label each egg cup, 1-12, and fill each spot with a matching number of "eggs" (beads, pebbles). The "1" cup gets 1 bead, the "2" cup 2 beads, and so on. She'll practice the skill of one-to-one correspondence.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

IMAGINATION

Let your child gather small household objects and use them to put on a show for you. He might tape together a wooden spoon, a roll of masking tape, and napkin rings to make a magical giraffe that discovers a tree with special powers.

