

# Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 2018

## MATH

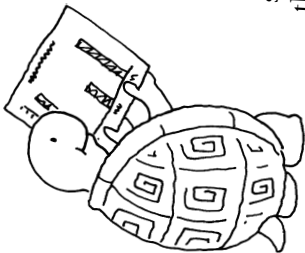
### Shadow graphing

Your child can explore math with this measurement and graphing activity.

**Ingredients:** yardstick or measuring tape, paper, pencil, crayons

Go with your youngster to pick a sunny spot outside. He should measure the length of your shadow at three different times, such as morning, midday, and late afternoon, and write the measurements on a sheet of paper.

Then, help him create a graph by labeling the left side of a piece of paper with measurements and the bottom with the times of day. Have him color bars to show your measurements. At what time was the shadow the longest? The shortest? How much shorter was it at noon than in the morning?



## READING

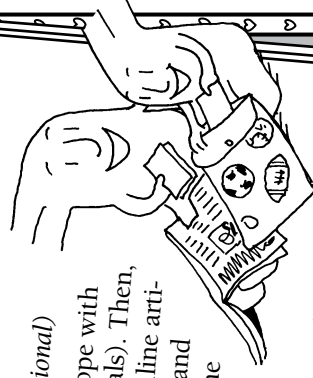
### Collect the news

Spark your child's interest in reading the news by helping him start an article collection.

**Ingredients:** large envelope, crayons, newspapers, magazines, scissors, internet access (optional)

Begin by having your youngster decorate an envelope with pictures related to his favorite topics (sports, animals). Then, he can cut or print out newspaper, magazine, or online articles about the subjects. Suggest that he ask friends and relatives to send him articles, too. Let him slip all the articles into his envelope. Invite him to read one to you each night.

**Variation:** A younger child could cut pictures from magazines and glue them onto paper. Help him label the pictures and tell you a story about them.



## 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."

## WRITING

### Poster of dreams

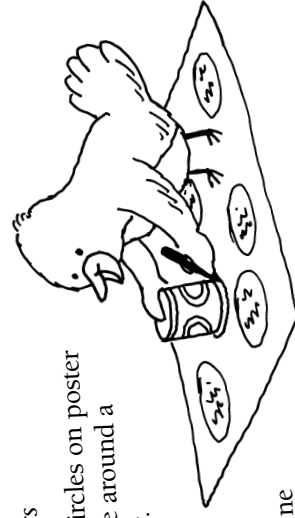
Encourage your youngster to practice descriptive writing by making a poster about her dreams.

**Ingredients:** poster board, markers

Have your child draw 10 large circles on poster board. **Tip:** For easy circles, trace around a peanut butter or mayonnaise jar.

Ask her to think about interesting dreams she has had.

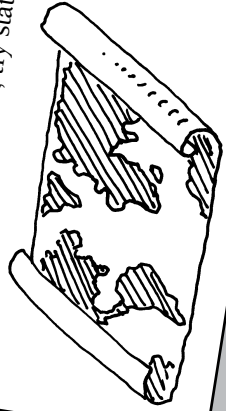
Next, suggest that she write a sentence about each dream in one of the circles and draw a picture to go with it. ("I lived at the zoo with the pandas." "I grew wings and flew to school.") She could hang the poster in her room and add to it when she has more dreams.



## GEOGRAPHY

Say the name of a country, and ask your youngster to name another country that starts with its last letter.

**Example:** You say, "Canada," and he says, "Austria." Take turns until you run out of countries. Then, try states or cities.



## CREATIVITY

Ask your child to make "traffic signs" for rooms of the house. How? With colorful markers, poster board, and a little imagination. She might write, "Get Clean Here" for the bathroom or "Family Parking" in the garage. Can she come up with a sign for every room?



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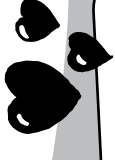
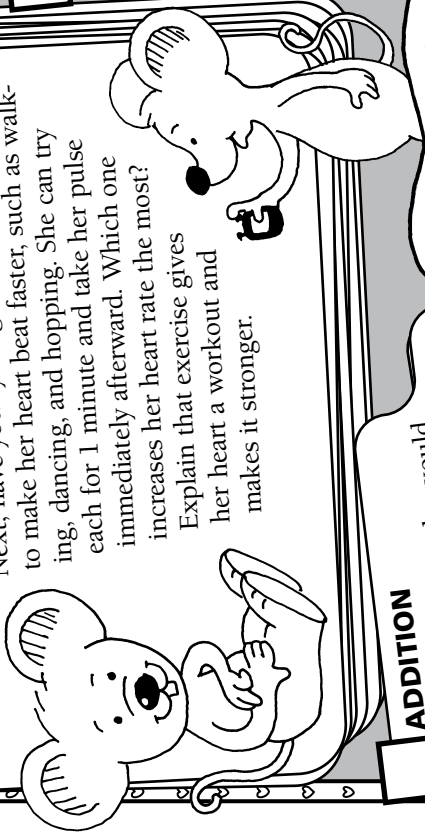
## SCIENCE Beating hearts

Your youngster will work on multiplication—and learn why exercise is good for her heart—with this idea.

**Ingredients:** paper, pencil, stopwatch or clock with a second hand

Show your child how to take her pulse by pressing the first two fingers of her left hand against the underside of her right wrist. She should count how many times her heart beats in 15 seconds and multiply that number by 4 (to get the beats per minute). This number is her resting heart rate.

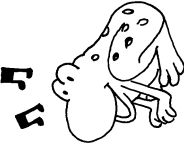
Next, have your youngster think of activities to make her heart beat faster, such as walking, dancing, and hopping. She can try each for 1 minute and take her pulse immediately afterward. Which one increases her heart rate the most? Explain that exercise gives her heart a workout and makes it stronger.



## MUSIC

Songwriters match the rhythm of words to the beat of music. Your youngster can experiment with this by making up new words to a familiar song. For example, he might turn

“There Was an Old Lady Who Swallowed a Fly” into “There Was a Young Lady Who Jumped Like a Frog.” Have fun singing his new song together!



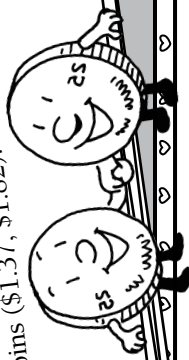
## READING

Give library books a place of honor by creating a storage spot for them. Your child could cover a box with construction paper and use markers to illustrate her favorite characters or settings. Suggest that she keep a notepad and pencil near her box for listing books she reads.



## ADDITION

Ask your child how she would make 50 cents using the least number of coins (1 half dollar). The most? (50 pennies) Encourage her to think of other ways to make 50 cents (5 dimes or 3 dimes and 4 nickels). Then, challenge her to make a different amount in coins (\$1.37, \$1.82).



# Character Corner

## PATIENCE

If your youngster asks for a new toy, help him open a “savings account.” Let him put allowance or cash he earns from doing odd jobs into a jar. When he has enough to make his purchase, he’ll see how his patience paid off.



## APPRECIATION

Help your child make up “appreciation statements” for people she knows. (“My dad gives the best hugs!”) Let her write each one on a paper star. She could use yarn to tie the stars to a hanger for a mobile of the “stars” in her life.



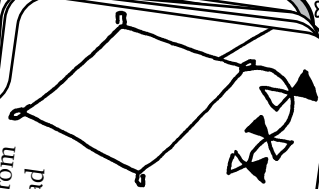
## HUMOR

Your youngster can find amusement in everyday situations—even when things are difficult. **Example:** He’s frustrated because the computer froze. Say something silly like “Now you have time to jump rope while you wait for it to melt.”



## STORYTELLING

Can your child turn an event from his life into a tall tale? First, read a few tall tales with him. Visit the library or go online to find ones about Pecos Bill or Paul Bunyan. Then, let your youngster make up his own. Maybe he’ll tell how he flew a kite to the moon!



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

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## READING

### Create a new ending

How will the story end? Your child gets to decide with this activity aimed at boosting her reading comprehension.

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

Read a story aloud that your youngster hasn't heard before, or let her read it to you. Stop reading before you reach the ending.

Encourage her to tell you how she thinks the story will end. She might enjoy drawing or writing her version, too. Ask how she came up with that ending.

Now read the rest of the real story together. How is her ending similar to or different from what happened?

Which one does she like better?



## SEQUENCING

### School day timeline

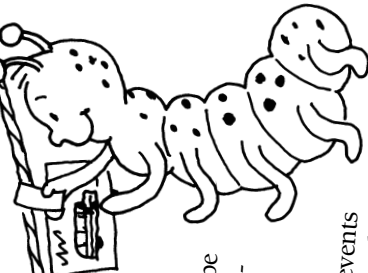
Your child can work on sequencing skills by creating a timeline of a typical school day.

**Ingredients:** scissors, yarn, tape, index cards, markers

Help your youngster cut a 2-3-ft. piece of yarn and tape it to a wall. Next, ask her to name activities in her typical school day (STEM lab, recess, music class).

She could describe or draw each event on an index card. Then, she can tape the cards to the yarn in the order the events occur. Let her use the cards to tell you the story of her school day.

**Tip:** Encourage your child to use transition words that indicate sequence, such as *first*, *then*, *next*, and *finally*, as she describes her day.



## FINANCIAL LITERACY

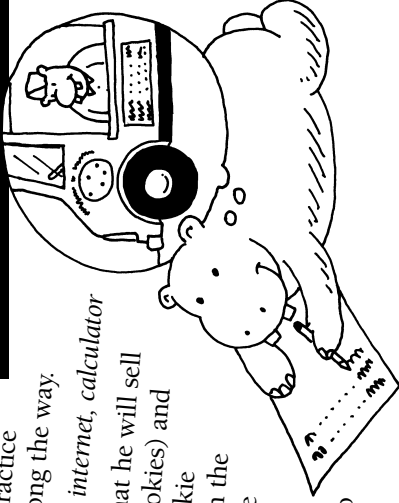
### My food truck business

Let your youngster develop a budget to start a pretend food truck. He'll practice math and money management along the way.

**Ingredients:** paper, pencil, books or internet, calculator

First, your child should decide what he will sell (say, homemade chocolate chip cookies) and list expenses (truck payments, cookie ingredients, gas). Together, research the typical costs for each expense at the library or online. Now he needs to price his cookies. How many would he have to sell each month to make a profit?

**Idea:** Talk about ways to balance his budget. He might buy used equipment to lower costs or charge higher prices to raise revenue.

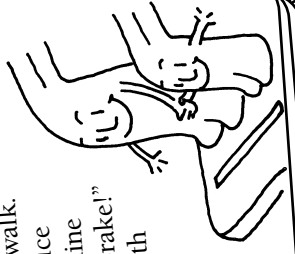


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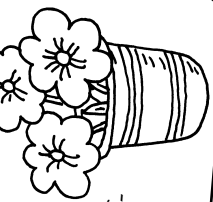
## SAFETY

Teach your youngster to stop at curbs with a simple game. Draw a line with chalk a few inches from the edge of the sidewalk. Have him practice walking to the line while saying "Brake!" and looking both ways for cars.



## THINKING

Select an object, perhaps a plastic cup, and set a timer for 3 minutes. Each person writes down creative ways to use the item (say, a hat for a stuffed animal or a flower vase). When time's up, read your lists aloud. Whoever has the most one-of-a-kind ideas wins!



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## MATH

### Skip count and calculate

Here's a fun way for your youngster to combine counting by 2s, 3s, 4s, or 5s with using a calculator and writing his numbers.

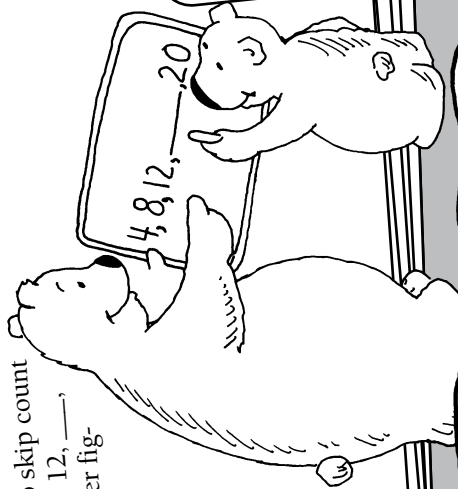
**Ingredients:** pencil, paper, calculator

Have your child write the number 2 on his paper. Now he can plug a 2 into the calculator. Tell him to press the +, 2, and = keys repeatedly, writing down the number he gets each time. He could read the numbers to you (2, 4, 6) and then continue the sequence (8, 10, 12) — he's counting by 2s.

Choose another number to skip count by, say 4. Write down 4, 8, 12, —, 20 and have your youngster figure out which number is

missing by pressing the +, 4, and = keys.

Suggest that he skip count by other numbers, too. It's a great way to get ready for multiplication!



## Congratulations!

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

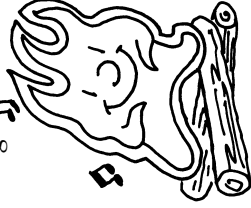
Signed (parent or adult family member)

Signed (child)

## WRITING

Have your child try to use *personification*, or treating things as if they were people, in her writing. Name an object, and see if she can write a sentence using personification.

**Examples:** "The fire danced in the fireplace."  
"The wind sang through the trees."



## LISTENING

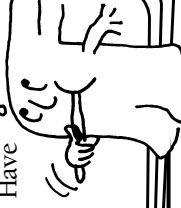
Your youngster will have to listen carefully with this idea. Together, make a list of words often heard on the radio (*traffic, weather, news*). Then, turn on the radio, and let him make a tally mark by each word every time he hears it. Which one does he hear most often in 5 or 10 minutes?



## WORD PROBLEMS

Let your child write math stories based on everyday activities. After brushing her teeth, she could write, "I brushed the top for 30 seconds and the bottom for 30 seconds. How long did I brush my teeth for?" Have her translate the story into an equation to solve ( $30 + 30 = 60$ ).

$$\begin{array}{r} 30 + 30 = \\ 60 \end{array}$$



# Character Corner

## HOSPITALITY

Encourage your youngster to make other children feel welcome in your home. Have her give first-time guests a tour so they know where to play or where the bathroom is. Then, she can let her guests choose a game or toy to play with together.



## INDEPENDENCE

Ask your child to create his own after-school snack bins. He can put granola bars and bananas in a basket on the counter and store string cheese and grapes in a container in the refrigerator. He's in charge of telling you when his supplies are running low.



## SPORTSMANSHIP

Does your youngster play a team sport? Have her brainstorm positive comments, such as "Way to hustle!" or "Nice shot!" to boost team morale. At her next game, remind her to use her ideas to cheer on her teammates.



## SCIENCE

A bottle of bubble solution can encourage your youngster to experiment. Let him search the house for items to use as bubble wands. **Examples:** straw, funnel, flyswatter. How does the wand affect the shape and size of the bubbles?

