

# Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2011

## 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."

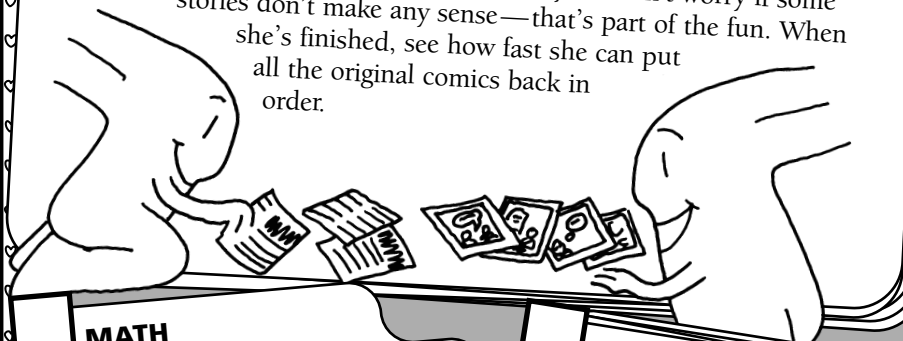
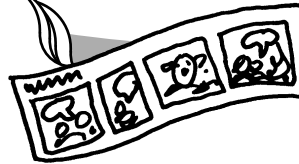
### READING Comic Strip Stories

Create funny "funnies" with this reading activity.

**Ingredients:** comic strips, scissors

Save several old newspapers. Help your child clip several comic strips from the papers. Next, have her cut the frames apart, turn them facedown, and mix them up.

Ask your youngster to choose four or five frames. Have her turn them over, line them up, and read the mixed-up story to you. Don't worry if some stories don't make any sense—that's part of the fun. When she's finished, see how fast she can put all the original comics back in order.



### MATH

Build your youngster's math skills by having him help you calculate sale prices when you shop. For instance, if an item costs \$15.95 and the sign says, "Buy one, get another one half price," suggest that he round the price to the nearest dollar (\$16). Then, he can divide it by 2 (\$8) and add \$16 + \$8 to get the total price (\$24), or \$12 each.

$$1 + \frac{1}{2}$$



### FOLLOWING DIRECTIONS

Give your youngster the opportunity to tell you what to do. Ask her to explain, step-by-step, how to do a simple task. **Examples:** putting on a coat, preparing an ice cream cone. Follow her instructions *exactly*. She'll learn how important it is to be precise!



### WRITING Super Survey

How well does your child know his family? He can take a survey to find out!

**Ingredients:** paper, pencil

Together, make a list of questions. **Examples:** "What is your favorite food?" "What do you think is the perfect pet?" "Which season do you like best?"

Help him set up a "survey booth" at the kitchen table. Invite each family member to the booth to quietly answer the questions. He can write the responses under each question. After each person has replied, let him read the survey aloud to see if everyone can guess who said what.



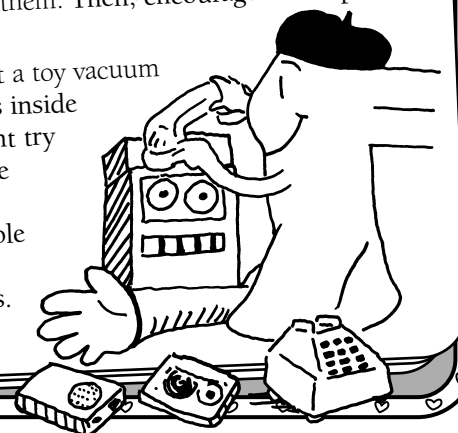
### CREATIVE THINKING Tinkering

Old household objects aren't useless—they can stretch your youngster's creative thinking.

**Ingredients:** broken toys, electronics, or other items; screwdriver

Fill a box with items for your child to explore. Be sure to make them safe by removing old batteries and unplugging them. Then, encourage her to put on her thinking cap and get started!

Help her use a screwdriver to take apart a toy vacuum cleaner or transistor radio to see what's inside and guess how it worked. Or she might try to repair something. For instance, rope could replace the broken handle of a bucket, and duct tape could plug a hole in a torn beach ball. She might even create a sculpture out of unused parts.



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## Character Corner

### SYMMETRY

#### Indoor Snowflakes

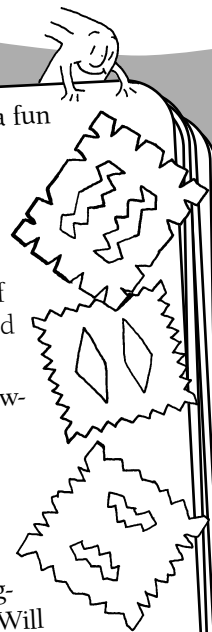
Decorating your home with paper snowflakes is a fun way for your child to learn about symmetry.

**Ingredients:** square white paper (or coffee filter), scissors

Have your youngster fold the paper or filter in half and in half again. Then, he can make cuts of different shapes (triangles, circles, squares) around all four sides of the square.

When he opens it, he'll have a symmetrical snowflake—each half is a mirror image of the other.

Suggest that he try this with another piece of paper. Before he opens it up this time, have him predict what it will look like. Will it have zig-zag or scalloped edges? Will the holes in the middle be round or diamond shaped?



### SCIENCE

Suggest that your child pretend she is a magnet. Ask her to walk around the house and think of five things she would stick to (soup can, refrigerator) and five that she wouldn't (couch, book). Then, let her use a refrigerator magnet to check her guesses.



### FITNESS

Play a game of "river." Lay two jump ropes parallel to each other, about one foot apart. Have each player jump over the river and then widen it. Keep moving the ropes apart until neither player can make it across without stepping on a rope. The winner is the player who jumps the widest river.



### GENEROSITY

Encourage your child to make homemade gift cards. Have him cut small rectangles from construction paper and decorate them with crayons. He can use them for presents such as playing a game with a younger sibling or helping a parent with housework.

a gift for you



### TEAMWORK

Show your youngster that teamwork can be fun by playing "Beat the Clock." Pick a task you can work on together, such as putting the groceries away. Set a timer for five minutes and try to finish the job before the timer goes off.

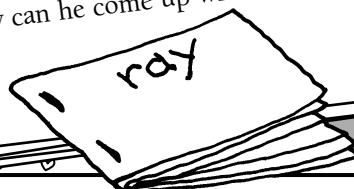
### EMPATHY

Can your child tell how a person is feeling by looking at her face? Take turns drawing faces with different expressions. See if you can guess the emotions of the people in each other's pictures (happy, sad, excited, scared). Encourage her to try reading expressions in real life so that she can be sensitive to others' feelings.



### RHYMING

Help your youngster staple six half-sheets of paper together to make a rhyming book. Then, he can write one of these words at the top of each page: ray, me, you, pie, ball, hot. Have him brainstorm words that rhyme with the word on each page. How many can he come up with?



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### GEOGRAPHY

Your children can learn the names of places on a globe or world map with this contest. Together, list 10 things to find (a sea, a country that is a boy's name, the word "north"). Then, number separate sheets of paper, and see who can check off the most places found.

