

Recipes for Success

Practical Activities to Help Your Child Succeed

JANUARY

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."

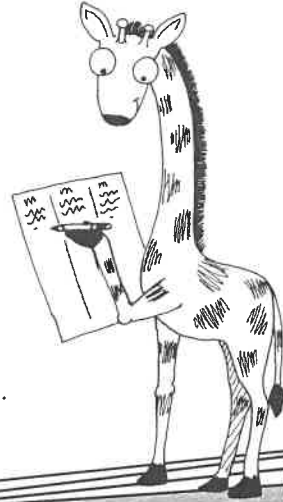
READING Clue me in

Learning to infer, or read between the lines, will boost your youngster's reading comprehension.

Ingredients: paper, pen or pencil, book

Have your child make three columns on paper and label them: "What happened," "The book says," and "I think."

As he reads, he can list story events in the first column ("The boy is nervous about going to a party"). In the second, he should add details from the book about those events ("He's the new kid in school and doesn't know a lot of people"). Finally, he could write his inferences in the third column ("He's afraid he won't fit in at the party").



SPELLING Word scramble

This hands-on idea can help your youngster become a better speller.

Ingredients: dictionary, newspapers or magazines, scissors, bowl, paper, glue

Name a category like food or animals, and secretly pick a related word from the dictionary for your child to spell. Examples: Vegetable for food, elephant for animals. Cut out each letter of the word from a newspaper or magazine headline. Then, mix them up in a bowl. Have her pull out one at a time and put them in order to spell the word she thinks you chose.

If she's right, she can glue the letters on a piece of paper. Then, she picks a word and cuts out headline letters for you to arrange and glue.

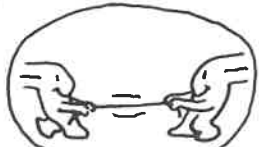


LOGIC Push-and-pull thinking

Play mental "tug of war" to strengthen your child's critical thinking skills.

Ingredients: paper, pen or pencil

This simple game lets your youngster practice identifying opposite sides of an argument. Ask him to write an opinion statement at the top of his paper, such as, "School should start later in the morning." He can draw a jump rope across the center of the page and imagine that a tug-of-war team is on each side. He should write statements in favor of his opinion on one side of the rope ("Students could sleep later") and arguments against his stance on the other ("They'd have less time for homework and play after school").



Then, have him read all the statements and decide whether he stands by his opinion.

MEMORY

Sharpen your youngster's memory with this alphabet game. Say, "I packed my backpack with an _____," plugging in a word that starts with A (alligator). Your child repeats your sentence and adds a B word. ("I packed my backpack with an alligator and a book.") How long can you make your sentence before someone forgets an item?



GEOMETRY

Encourage your child to hunt for angles at home or when you're out. Have her look for right angles (90 degrees like the corner of a door), acute (less than 90 degrees, such as a pointed roof), and obtuse (greater than 90 degrees like on a stop sign). Which can she find the most of? She could take photos or draw pictures of examples.



Recipes for Success

Practical Activities to Help Your Child Succeed

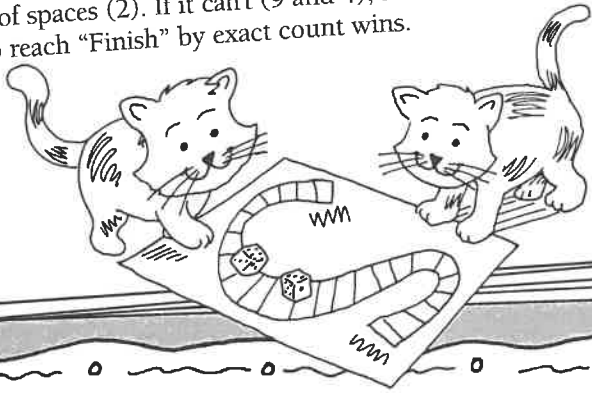
DIVISION Let's race!

See how quickly your child can cross the finish line while she practices division.

Ingredients: construction paper, markers, two dice, two tokens (coins, buttons, board game pawns)

Have your youngster make a game board by drawing an S-shaped path on construction paper. Then, she should draw horizontal lines to create 24 spaces on the path. Let her label the first space "Start" and the last one "Finish."

To play, the first person rolls two dice and adds them together, then rolls one die by itself. If the first number (6) can be divided evenly by the second (3), she should solve the problem and move that number of spaces (2). If it can't (9 and 4), she rolls again. The first player to reach "Finish" by exact count wins.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

JANUARY

ASTRONOMY

Creating his own constellation can make your child's interest in astronomy shine.

Together, look up constellations in books or online, and search for them in the night sky. Then, he could find and name his own pattern of stars ("Big Baseball Diamond").



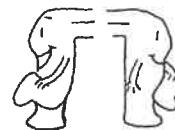
ART

Let your youngster make a flower to brighten a winter day. Have her flatten a coffee filter and cut along the creases almost all the way to the round center. She might color the strips with markers or drip food coloring on them to watch the colors combine.



LISTENING

Stand back-to-back with your child, about a foot apart. Make a silly pose, and give him directions to copy you. You might say, "Put your left toe on your right knee. Raise your left arm. Turn your head to the right. Smile!" He'll need to listen carefully to match your pose. Turn around to check.



Character Corner

MANNERS

Hold a family "dinner party" to practice manners. Have everyone dress up for dinner tonight. Then, divide into "guests" and "hosts."

Talk about how each group could use good manners. *Examples:* Hosts can greet guests politely. Guests should thank hosts for the meal.



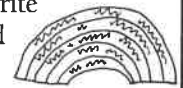
INDEPENDENCE

To teach your youngster to do more for herself, brainstorm jobs she's ready to handle. Let her pick one (say, giving the dog a bath), and show her how to do it. She can stick with it until it's a habit. Then, give her another (making her bed).



POSITIVE ATTITUDE

Help your child find the good in a situation when things don't go his way. Have him draw a rainbow and list something positive on each stripe. For instance, if his team loses a basketball game, he could write "I had fun" on red and "I tried my best" on blue.



READING

To build word recognition, secretly choose any word from one of your youngster's books. She asks for clues to guess the word. *Examples:* "Is it on page 7?" "Does it come after is?" When she thinks she knows, she can guess. Next, she picks a word for you to figure out.

