

# Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2010

## 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."

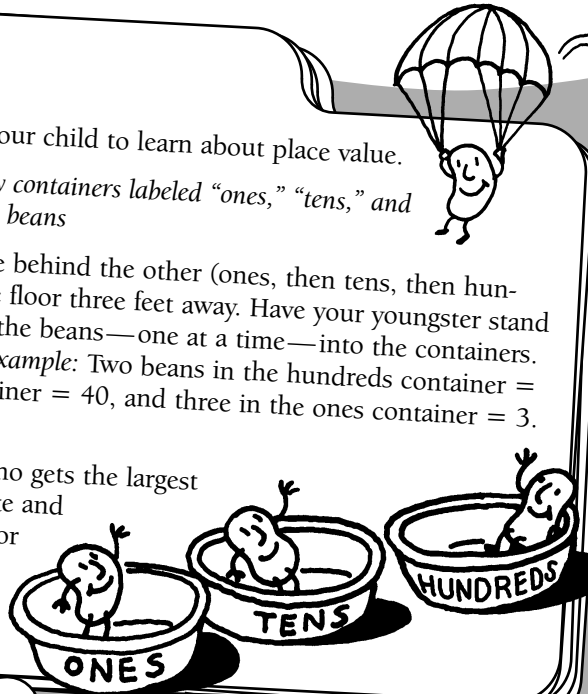
### MATH Math-a-Roni

Here's an active way for your child to learn about place value.

**Ingredients:** 3 small empty containers labeled "ones," "tens," and "hundreds," pencil, paper, 9 beans

Line up the containers one behind the other (ones, then tens, then hundreds). Mark a spot on the floor three feet away. Have your youngster stand behind the mark and toss the beans—one at a time—into the containers. Ask her to say the score. *Example:* Two beans in the hundreds container = 200, four in the tens container = 40, and three in the ones container = 3. Her score is 243.

Take turns tossing to see who gets the largest number. Your child can write and read each total. *Variation:* For older children, add a fourth container and label it "thousands."



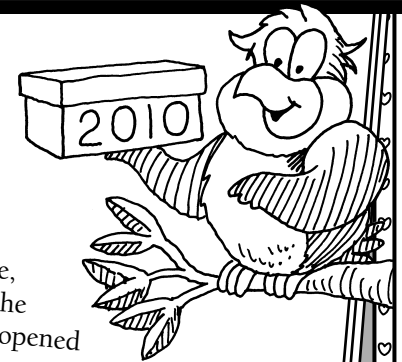
### SOCIAL STUDIES Time Capsule

Show your youngster how times change by creating a time capsule.

**Ingredients:** a "time capsule" (a shoe box or similar container), paper, crayons, tape, pencil

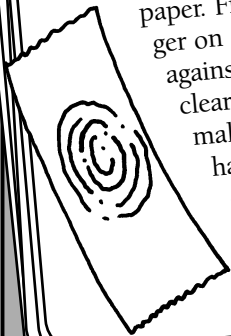
Help your child think about what is popular this year. *Examples:* a bestselling book, a new toy, a clothing fad. Have him draw a picture of each thing to put in his "time capsule." He can also write about major events, like the World Series or an earthquake.

Ask him to put everything inside his time capsule, seal it by taping it closed, and write the date on the outside. Store the capsule in a safe place—to be opened one year from today!



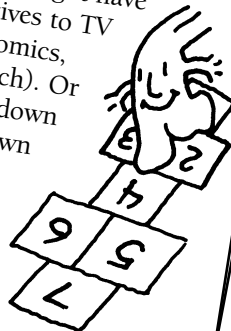
### SCIENCE

No two fingerprints are alike! Have your child use a pencil to color a dark, nickel-sized circle on paper. Firmly press his finger on the spot and then against the sticky side of clear tape. Then, you make a fingerprint, and have your youngster compare it to his. How are they similar and different?



### WRITING

Making a list is a quick, fun way for your youngster to practice writing. You might have her list alternatives to TV time (reading comics, playing hopscotch). Or she could write down places in your town that she'd like to visit (hobby shop, nature center).



### CREATIVITY Invent a Sandwich

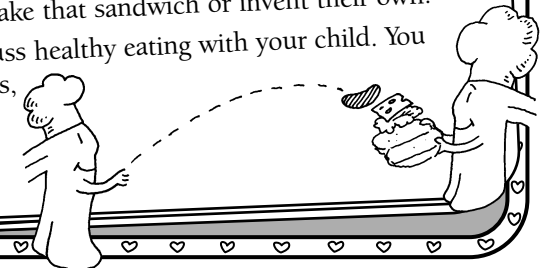
Let your child express her creative side by inventing a new sandwich. She'll also practice writing and learn about healthy foods.

**Ingredients:** bread, fillings (meat, vegetables, cheese), spreads (honey mustard, jelly), paper, pencil, crayons

Ask your youngster to choose a combination of spreads and fillings that she thinks will taste good. Then, let her build her sandwich.

Have her name her creation ("Chrissy's Cranberry and Turkey Surprise") and write a description of it for your family's lunch "menu." She can also draw and color a picture to hang on the refrigerator. Others can see what the new sandwich looks like and either make that sandwich or invent their own.

*Note:* This is a good time to discuss healthy eating with your child. You might talk about using lean meats, lots of vegetables, and low-fat spreads like mustard rather than mayonnaise.



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## Character Corner

### READING Poetry Roll

One secret to enjoying poetry is to read it aloud with your child.

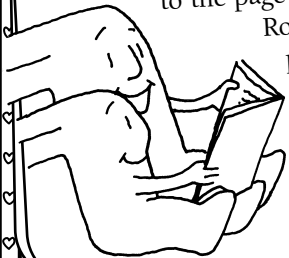
**Ingredients:** poetry books, 2 dice

Go to the library together, and check out several books of children's poetry (try volumes from Shel Silverstein and Jack Prelutsky). You can also browse used bookstores or ask relatives for poetry books their kids have outgrown.

Set aside an evening to read your poems. One person rolls two dice, picks any book, and turns to the page number rolled. (Example:

Roll a 2 and a 6 and read page 26.) Then, he reads the poem on that page aloud.

Continue rolling and reading until everyone has had a turn.



### SAFETY

Show your child what it means to "be prepared."

Make an emergency kit for your home

using a sturdy cardboard box or plastic tub.

Let him fill it with supplies such as a flashlight, batteries, a blanket, and non-perishable food (water, granola bars).



### SPELLING

Give your youngster a stack of index cards, and ask her to write a spelling word on each one. She can cut each word into thirds and mix up the pieces. Have her put the words back together and spell them out loud.



### KINDNESS

Parents and children enjoy kind words.

Have each family member make a "mailbox" by decorating a large envelope. Place the envelopes in a central location, or hang them on bedroom doors. Leave special messages telling what you like about each other.



### DEPENDABILITY



Teach your child the difference between a *commitment* and a *possibility*. Talk about how commitments are supposed to be kept ("I will read you a book tonight"). But possibilities might not happen ("I will try to take you to the movies Saturday"). Explain that people will depend on her to keep her word.

### POSITIVE ATTITUDE

With your youngster, think of as many encouraging words as you can. Examples: "Looking good!" "Keep at it!" Post them on the refrigerator. The next time someone is learning something new, use the phrases to urge him on.



### THINKING

Challenge your youngster's thinking skills. Talk about facts (true, can be proven) and opinions (feelings, beliefs). Then, read newspaper and magazine ads together. Which statements are facts?

("Available at your local supermarket.") Which are opinions? ("Tastes great!")



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### OBSERVATION

Challenge your child's powers of observation with this activity. Draw a silly face. Let him look at it for 10 seconds, and put it away. Have him try to copy your picture as closely as possible. Switch roles, and let him make a drawing for you to copy.

