

# Recipes for Success

Practical Activities to Help Your Child Succeed

APRIL 2013

## 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

#### Month-a-matics

Recycle old calendar pages into a high-scoring math game.

**Ingredients:** old calendar, pencil, die, game tokens, paper

Have your child write various math directions (+ 5, x 3) in eight random squares on a calendar page.

To play, roll the die and move that number of squares. The date you land on is your score (say, 6). With each turn, add the date you land on to your previous score. So if you roll 5, move to 11, and add 11 to your score (11 + 6 = 17). If you land on a square you marked, such as "x 3," follow the directions using your total score (17 x 3 = 51).

When you get to the end of the month, move on to a new calendar page. The first player to score 500 wins. How many "months" did it take?



### THINKING

#### I'm a Superhero!

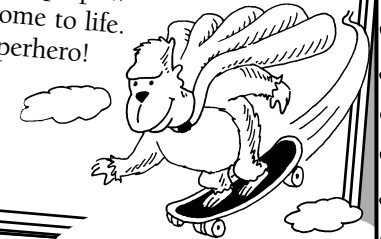
What superpowers does your child have? Let him find out!

**Ingredients:** dictionary

Ask your youngster what kind of superhero he would like to be. Would he fight forest fires by spouting water from his mouth? Rescue kittens by reaching high with arms that stretch like rubber?

Then, have him think of five things he does well (skateboarding, drawing). Help him imagine ways to turn his strengths into superpowers. Maybe his skateboard flies or his drawings come to life. Let him tell you a story featuring himself as a superhero!

**Idea:** Look up the word "hero" in the dictionary. Together, think of some real-life heroes like firefighters, teachers, or members of the military.



### SPELLING

#### Refrigerator Hangman

Get in some spelling practice with this letter game that spells f-u-n for your family.

**Ingredients:** spelling list, paper, pencil, buttons, jar, magnetic letters

Choose a word from your child's spelling list. On paper, draw a line for each letter, and hang the sheet on your refrigerator. Give your youngster the buttons, jar, and magnetic letters.

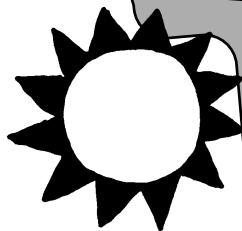
Ask her to guess a letter. If it's in the word, tell her which dash to put the magnetic letter on. If it's not, she has to put a button in the jar and guess again. (Let her put the incorrect letters in a row to keep track.) She keeps guessing until she uses all the buttons or names the word. Trade roles, and play again.

**Note:** If a word has two of the same letter and you have only one magnetic letter for it, she can write in the second letter.



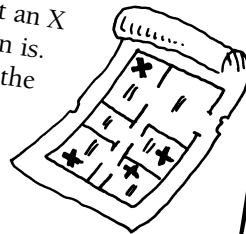
### SCIENCE

Your youngster can discover how quickly the days become longer this time of year. Suggest that she write the sunrise and sunset times each day on a calendar. (*Hint:* Newspapers list this information.) At the end of a month, have her compare the times. How many minutes of daylight were added to the day?



### MAPS

Let your child cover bottle caps with aluminum foil to make "treasure coins." Then, hide the coins, and make a map for him to use in finding them. *Example:* Draw the rooms of your house, and put an X where each coin is. When he finds the treasure, it's his turn to hide the coins and draw a map for you.



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## Character Corner

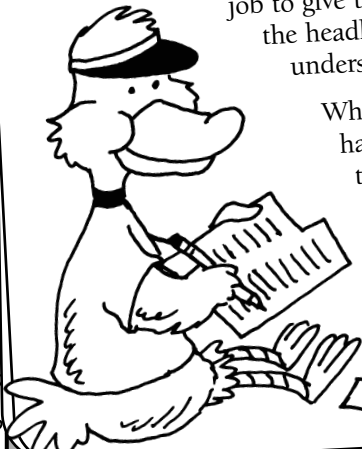
### READING Editor for a Day

Build reading comprehension skills with this newsy idea.

**Ingredients:** old magazines, scissors, pencil, paper

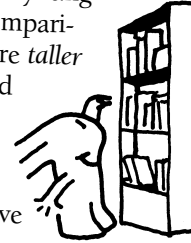
Choose 5 to 10 stories from old magazines. Cut them out, snip off the headlines, and give the stories to your child to read. Ask him to pretend he is the magazine editor and it's his job to give the stories headlines. To write the headline, he'll have to read and understand the stories.

When your youngster finishes, have him match his headlines to the original ones. How are his headlines the same as or different from the published ones?



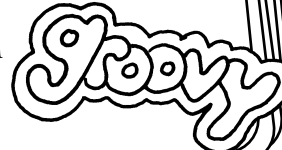
### MATH

Comparing sizes is an important math skill. Together, make a list of 10 things for your youngster to find by using comparisons: a piece of furniture *taller* than her brother, a word with the *same* number of letters as her name, a toy *smaller* than her hand. Then, she can have fun finding each one.



### SOCIAL STUDIES

Help your youngster make up a survey asking relatives what slang words they used as kids. Encourage him to collect the "groovy" answers and create a book that is "the cat's meow." Note: Be sure to have him ask for the definitions, too.



### TEAMWORK

Put one hand behind your back. Ask your youngster to put one of her hands behind her back. Then, use your two free hands to tie her shoes. Talking out what each of you should do will help complete the task. Time yourselves to see how fast you can tie the shoes as a team.



### RESOURCEFULNESS

When your child asks for something (a new toy, movie tickets), encourage him to find ways to earn the money himself. He might walk dogs or sell some of his video games to raise the money. Working toward his goal will teach him to be resourceful.



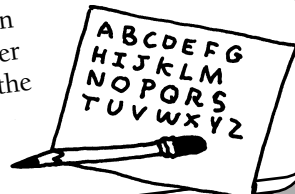
### TRUST

Show your youngster how important trust is. Take turns wearing a blindfold and leading each other on short walks through the house. Then, share your thoughts: Did you feel safe when blindfolded? Who else would you trust to lead you around?



### WRITING

Challenge your child to write the shortest sentence he can using every letter of the alphabet. Example: The quick brown fox jumps over the lazy dog. You can suggest that he write the alphabet on a piece of paper and cross off the letters as he uses them.



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### FOLLOWING DIRECTIONS

This game has one rule: If you laugh, you lose. To play, write one sentence of silly instructions for your child to follow. Example: Stick out your tongue, and flap your arms like a chicken. If she does it without laughing, she gets to write instructions for you. If not, it's your turn again!

