

Recipes for Success

Practical Activities to Help Your Child Succeed

DECEMBER 2012

Refrigerator Poster

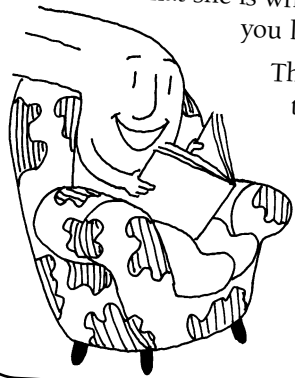
Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the "recipe."

READING Story Search

Turn story time into game time with your youngster.

Ingredients: storybook, paper, pencils, old magazines or catalogs

Together, choose a story to read aloud. While you read, have her write a list of five items or animals mentioned in the story (without letting you see what she is writing). Next, ask her to read the story to you while you list five things.



Then, exchange lists and go on a scavenger hunt through your home to find the items. If you can't find an object, hunt for a picture of it in old magazines or catalogs. The first person to find all five items on her list wins. *Variations:* Have each player read a different book or list more items.



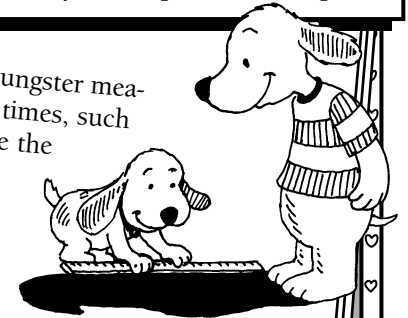
MATH Me and My Shadow

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

Ingredients: yardstick or measuring tape, paper, pencil, graph paper

On a sunny day, pick a spot outside. Let your youngster 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 graph paper with measurements and the bottom with the times of day. Show him how to make bars to show his measurements by coloring graph squares. At what time is the shadow the longest? The shortest?



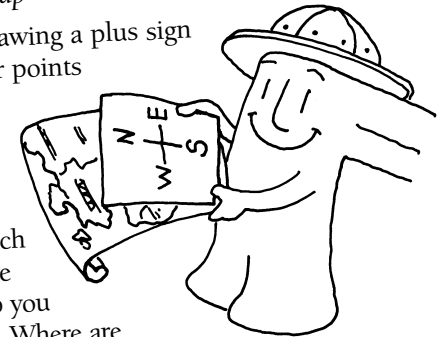
GEOGRAPHY Where Am I?

Map out some fun with this hide-and-seek geography game.

Ingredients: pencil, index card, world map

Help your child make a compass by drawing a plus sign on the index card and labeling the four points north, south, east, and west. Lay the card so that "north" points toward the top of the map.

Tell your youngster to "hide" in a continent or an ocean, and let her know which continent or ocean you're in. Then, have her give you compass directions to help you find her. You might say, "I'm in Europe. Where are you?" If she is in Africa, she would answer, "I'm south of Europe." Continue asking her questions to narrow the search, such as "Which ocean is to the west of you?" Next, trade roles and let her ask questions while you give directions.



AVERAGES

Ask your child to add together the shoe sizes of all family members. Then, she can divide the total by the number of people. The answer is your family's average shoe size.

Example: $11 + 8 + 4 + 3 + 1 = 27$; $27 \div 5 = 5.4$. Let her figure out what the average would be if she and her siblings each went up one size.



STUDY SKILLS

Graded homework assignments make great study sheets. Suggest that your youngster save returned homework in a folder. Before a test, he can use the papers to review. Have him find any wrong answers and look up the correct ones in his notes or textbooks.



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Character Corner

LOGIC Descriptionary

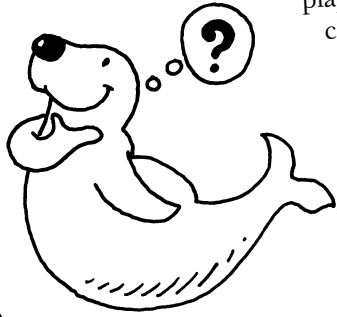
Play this guessing game to help your child sharpen his logical-thinking skills.

Ingredients: pencils, paper

Think of an object for your youngster to guess. Write down clues that describe the item. For example, if you choose a beach ball, you could use “toy,” “round,” and “water,” but not “beach” or “ball.”

Give the clues to your child, one at a time, to help him name your item. *Examples:* “My object is a toy.” “It’s round.” “You play with it in the water.” The

catch? Don’t say any words that are part of its name. Continue giving clues until he guesses the correct object. Then, let him think of an item and make up clues for you.



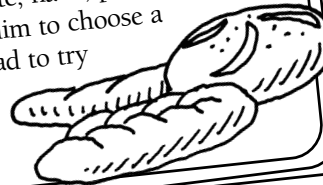
VIRTUAL ART

Paint a jungle, build a virtual sculpture, or create an online collage. These are all activities your youngster can do at the National Gallery of Art Kids website (nga.gov/kids). *Idea:* Visit an art museum together to discover various art styles and learn more about artists.



SOCIAL STUDIES

People all over the world eat many kinds of bread. Have your child look for different breads in the grocery store. How many can he find? *Examples:* baguette, naan, pita, tortilla. Then, ask him to choose a type of bread to try at home.



PATIENCE

Does waiting = impatience for your child? Ask her to list situations where she needs to be patient (in the dentist’s waiting room, while you’re making dinner). Then, have her think of ways she can entertain herself (reading, playing catch). *Idea:* Have her set a timer so she can visualize the time passing.



RESPECT

Help your youngster learn to show respect for the opposite gender. Around town or in books, look for women and men in traditional and nontraditional roles (stay-at-home mothers and male firefighters, female pilots and male nurses). He will see that boys and girls can choose jobs based on their interests—not their genders.

HELPFULNESS

Ask your youngster to brainstorm ways she can be helpful. *Examples:* Read to a younger child, help unpack groceries, tidy up the family room. Suggest that she pick one to do each day.



SCIENCE

Does salt water freeze? Have your youngster find out by filling two cups halfway with water. Let her add 1 tbsp. salt to one and put them both in the freezer. After an hour, have her compare the two cups. Did the water in both cups freeze?



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

READING

Boost your youngster’s reading comprehension by having him compare two characters from separate books. Encourage him to think of three ways the characters are alike and three ways they are different. What if the characters swapped stories? How would the stories change?

