

Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 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."

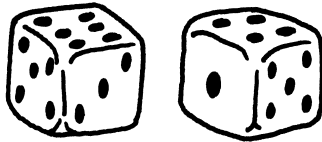
MATH Roll 'Em!

This quick-thinking game will let your child practice finding and working with hidden numbers.

Ingredients: a pair of dice

Explain to your youngster that the dots on opposite sides of a die always add up to 7. Then, take turns rolling a pair of dice to see who can add the unseen sides together the fastest. *Example:* If a player rolls a 4 and a 6, the hidden numbers would be 3 ($7 - 4$) and 1 ($7 - 6$). The total would be 4 ($3 + 1$). On each roll, the first player to shout out the correct total gets one point. Play 10 rounds. The player with the highest score wins.

Variation: Older children can use three dice or multiply the hidden numbers.



MEMORY Silly Salad

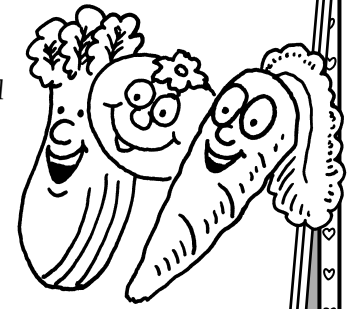
Build your youngster's memory skills with an imaginary salad.

Ingredients: memory

The object of this game is to be the one who remembers the longest list of salad ingredients.

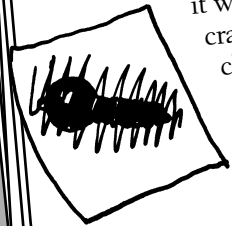
To begin, have your child name something that could go in a salad (lettuce). You say a second ingredient, and repeat what she named (tomatoes and lettuce). She adds another ingredient and repeats the whole list (chickpeas, tomatoes, lettuce).

Keep going until one of you can't remember the items already listed or can't think of another ingredient. Let the winner choose a new topic, such as school supplies.



OBSERVATION

Test your youngster's observation skills by making a crayon rubbing. Peel the paper from a crayon. Then, get several small objects (key, coin). Secretly choose one, cover it with a sheet of paper, and rub over it with the side of the crayon. See if your child can guess the object and make a rubbing that matches yours.



WEIGHT

A newborn elephant weighs about 240 pounds. Ask your child how many of her it would take to equal an elephant's weight. Let her weigh herself, and help her divide her weight into 240. Also, have her compare an elephant's weight to other objects. For example, how many 5-lb. bags of sugar equal a baby elephant?



VOCABULARY Antonym Bingo

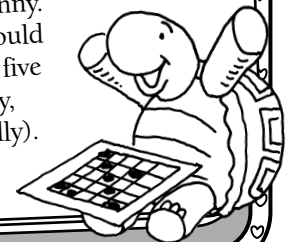
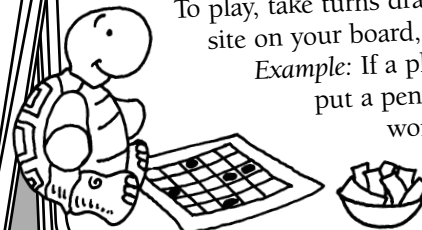
Help your child learn about antonyms, or opposites, and boost his vocabulary.

Ingredients: paper, pencils, bowl, pennies

Together, think of 25 pairs of opposites (*freeze* and *thaw*, *broad* and *narrow*). Then, make a game board for each player by drawing a grid with five rows and five columns. Write 25 different words on each grid (one per box) and their opposites on 25 slips of paper. Place the slips in a bowl.

To play, take turns drawing a word from the bowl, finding its opposite on your board, and covering it with a penny.

Example: If a player chooses *freeze*, he would put a penny on *thaw*. To win, cover five words in a row first (vertically, horizontally, or diagonally).



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Character Corner

READING Faraway Lands

Let your youngster "visit" the settings of his favorite stories.

Ingredients: storybooks, a travel guide, or the Internet

Have your child pick a story that is set in a place he has never visited. For example, *The Thief Lord* (Cornelia Funke) takes place in Venice, Italy. Then, ask him to find information about the location by looking through a travel guide or searching the Internet.

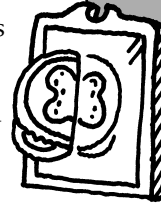
Together, read about customs, foods, and festivals in the setting. Help your youngster plan an imaginary trip by asking him questions like, "What would you want to see there?" and "What would the weather be like this time of year?"



SYMMETRY

Kaleidoscopes use mirrors to make images that are *symmetrical* (with mirror-image halves). Here's how your child can make his own kaleidoscope picture.

Have him fold a paper plate in half and draw a design on one half. He can place the plate with the folded edge at an angle in front of a mirror to see the "whole" picture.



LANGUAGE

Play this rhyming game with your child to help him hear sounds in words. Pick an item that he can see (a mug, for example), but don't tell him what it is. Say, "My object rhymes with rug." When he answers correctly, let him choose an object and give you a rhyming clue.



ESTIMATION

Fill a clear container with cereal or other small objects, and ask your child to estimate how many pieces are inside. Then, help her count the items. Let her choose a different container and estimate how many of the same objects it would take to fill up that one. She can count to check her estimate.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

FRIENDSHIP

Talk about what makes someone a good friend (sense of humor, caring for others). Then, read a book together, and ask your youngster which character she would like as a friend and why. Finally, let her tell you three qualities that make *her* a good friend.

CONTROLLING ANGER

When your child gets angry, have him write a "mad memo." He can "lose his cool" on paper by writing how he feels in capital letters and with exclamation points until he feels better. When he's calm, talk about what made him angry.

PEACEFULNESS

Together, brainstorm activities that are peaceful and not so peaceful. For example, watching the sun set is peaceful, but watching an action movie isn't. Suggest that your youngster fill a sheet of paper with drawings or magazine pictures of peaceful activities. Then, encourage her to make it a point to do something peaceful every day.



SOCIAL STUDIES

Ask your youngster to name ways people get from one place to another (cars, walking, camels). How many can he think of? For older children, limit the list to a single category of transportation, such as animals or things with wheels.

