

Recipes for Success

Practical Activities to Help Your Child Succeed

JANUARY 2013

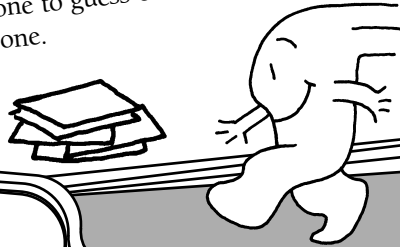
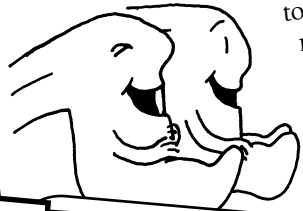
READING Adverb Charades

This twist on charades is a fun way for your child to explore adverbs.

Ingredients: index cards, pencils

Have each player think of three adverbs and write them on separate index cards. (An adverb describes a verb, an adjective, or another adverb. Examples include quietly, carefully, and joyfully.) Shuffle the cards together.

To play, one person draws a card and acts out the adverb. For instance, if your youngster's adverb is *clumsily*, he might pretend to trip. For *slowly*, he could do everything in slow motion. The other players try to guess the adverb. The first one to guess correctly gets to act out the next one.



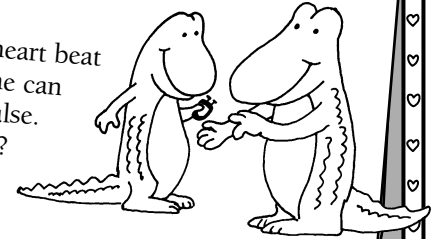
SCIENCE In a Heartbeat

Your child can learn about her heart and work on multiplication with this activity.

Ingredients: paper, pencil, stopwatch or clock with a second hand

Show your youngster how to take her pulse. With her right hand palm up, have her press the first two fingers of her left hand against her right wrist, just under her thumb. Once she feels her pulse, she should count how many times her heart beats in 15 seconds and multiply that number by 4. This number is her resting heart rate.

Next, have her do three activities to make her heart beat faster, such as walking, dancing, or hopping. She can try each activity for one minute and take her pulse. Which activity increases her heart rate the most? Explain that raising her heart rate with exercise gives her heart a workout and makes it stronger.



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."

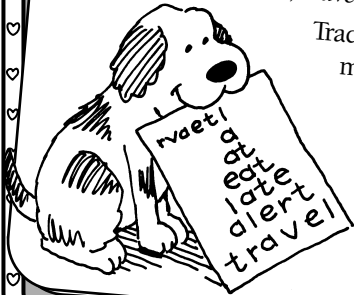
SPELLING Word Pyramids

Stump each other with this mixed-up game that can help your youngster become a better speller.

Ingredients: dictionary, paper, pencils

Let each player secretly choose a six-letter word from the dictionary. Then, each person should scramble the letters in his word and write them on a piece of paper. For instance, *travel* could become *rvaetl*.

Trade papers, and use the letters to make a word pyramid (a one-letter word, followed by a two-letter word, a three-letter word, and so on). The same letters can be used in more than one word. If you can't think of a word for one line, skip it. For the last line of your pyramid, try to unscramble the letters and find the original word. The person with the most lines in his pyramid is the winner.



FRACTIONS

Use a ruler to help your child practice fractions. Have her draw lines that are 1 inch, 2 inches, or other lengths up to 12 inches. She can measure the lines and tell you what fraction of a 12-inch ruler each one is. Examples: 1 inch = $\frac{1}{12}$ of a foot, 3 inches = $\frac{3}{12}$ (or $\frac{1}{4}$) of a foot.



IMAGINATION

Can your youngster turn an event from his own life into a tall tale? First, read a few tall tales with your child. Visit the library or go online to find ones about Pecos Bill, Annie Oakley, or Paul Bunyan. Then, let your youngster make up his own. If he likes to fly kites, maybe he'll tell how he flew one to the moon!



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MATH Bowling for Numbers

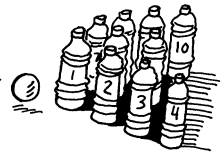
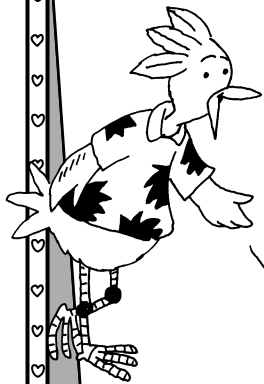
Knock down the pins and add up the numbers in this active math game.

Ingredients: permanent marker, 10 water bottles partially filled with water, small ball, pencil, paper

Have your youngster number the bottles from 1 to 10 with the marker. Then, help her arrange them in a triangular shape like bowling pins.

Take turns standing about 10 feet away and rolling the ball toward the pins. To find your score, add the numbers on the bottles you knock down. *Example:* Knock down bottles with 3, 6, and 1, and score 10 points ($3 + 6 + 1 = 10$). Stand the bottles back up for the next person. The player with the high score after 10 turns wins.

Variation: With an older child, multiply the numbers instead of adding them.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

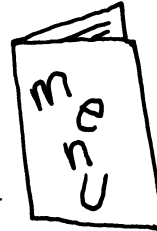
Signed (child)



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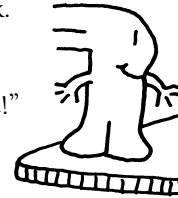
WRITING

Turn leftovers night into a writing challenge. Let your child design a menu listing the food choices for the evening. She can write her descriptions on construction paper and draw pictures. Put the menu on the table, and have everyone make their selections.



SAFETY

Teach your youngster to stop at curbs with a simple game. Draw a line with chalk a few inches from the edge of the sidewalk. Have him practice walking to the line while saying "Brake!" and looking both ways for cars.



LISTENING

Encourage your child to pay attention to what she hears with this game. Together, make a list of words often heard on the radio (*traffic, weather, time*). Then, turn on the radio and see who hears the most words from the list in 5 or 10 minutes.

Character Corner

EMPATHY

Explain to your child that having *empathy* means being able to put yourself in someone else's shoes. Have him think about how he'd feel if something bad happened to him (say, he lost a special gift or had a fight with his best friend). Then, ask him how he could react if a friend were in that situation.



HOSPITALITY

Let your youngster practice hospitality by inviting a friend over. Beforehand, talk about what a good host does, such as offering the guest a glass of water or letting her company choose activities. Also, role-play by pretending that she is the host and you are her guest.

FAIRNESS

You can use disagreements to teach your child about compromise. Together, brainstorm solutions that are fair to everyone. For instance, if your family can't agree on pizza toppings, you might order one topping on half and a different topping on the other half.



STORY PROBLEMS

Challenge your youngster to make up story problems about himself and write number sentences for the answers. *Examples:* "I have 1 bird and 1 hamster. How many pets do I have?" ($1 + 1 = 2$), or "I have 7 boy cousins and 6 girl cousins. How many cousins do I have?" ($7 + 6 = 13$). Can he think of at least five problems?

