

Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2012

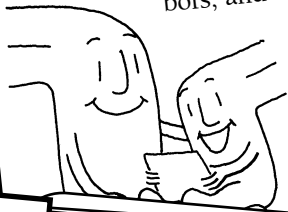
READING Collectible Clippings

Encourage your child to start a reading collection with this activity.
Ingredients: large envelope, crayons, newspapers, magazines, scissors, computer (optional)

Begin by having your youngster use crayons to decorate a large envelope with pictures of his favorite topics (sports, animals). Then, he can find articles about the topics in newspapers or magazines or online. Help him cut or print them out and put them in the envelope. Suggest that he ask friends, neighbors, and relatives to save or email articles for him, too.

Then, ask him to read something from his collection to you each night.

Variation: Let a younger child cut pictures from magazines. Help him write the names of the items on the pictures and tell you a story about them.



SCIENCE Super Paratrooper

Explore how parachutes work by making a miniature one.
Ingredients: string, yardstick or tape measure, scissors, key, plastic bag

Have your youngster measure and cut a 2-foot piece of string. Let her tie the key in the center of the string (to represent a person using the parachute). Then, she can tie each end of the string to the handles of the bag.

To fly her parachute, help her hold the bag upside down and drop it from a high place (staircase, balcony). The parachute "catches" air inside, which slows down its fall. What happens if your child removes the key and drops the parachute again?



POETRY Leaf Haiku

Your youngster can welcome autumn and practice writing poetry with this creative project.

Ingredients: paper, pencil, leaves, crayons
Encourage your child to write a haiku about leaves. A haiku is a three-line Japanese poem, often about nature. Lines one and three each have five syllables. Line two has seven syllables.

First, have him take a nature walk for inspiration. He can look at leaves on the trees and collect fallen ones. He might think about the colors, or what autumn reminds him of, as he writes his haiku. When he finishes, he could illustrate his poem with a leaf rubbing. Have him lay leaves on a table, cover them with a piece of paper, and lightly rub with the side of a crayon. Hang the haiku and leaf rubbing on the refrigerator as a fall decoration.



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."

GEOMETRY

Show your youngster what a right angle looks like. Hint: A capital "L" makes a right angle. Then, ask her to search for right angles in your house. She can make a list of all the ones she finds. Or she could challenge a sibling or another family member to a right-angle hunt!



VOCABULARY

When you and your child are waiting in line, try this vocabulary-building game. Take turns thinking of homophones (words that sound the same but have different meanings). *Examples:* one/won, break/brake, sea/see. How many can you both come up with?



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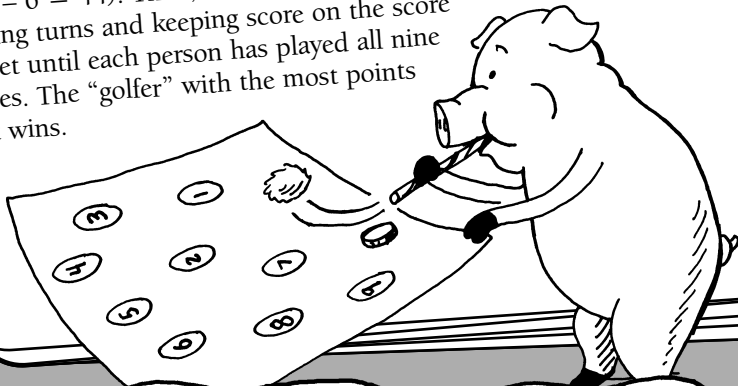
MATH Puff-Puff Golf

Play tabletop golf to help your child practice subtraction.

Ingredients: quarter, pencil, poster board, cotton balls, straws, paper

Have your youngster use a quarter to trace nine “holes” at random spots on the poster board. Then, she can number the circles 1–9. Place the poster board on a table or the floor, and use the quarter as the tee.

Each player starts with 50 points. On her turn, she sets a cotton ball on the tee and uses a straw to blow it to the first hole. Have her count how many puffs it takes (say, 6) and subtract the number from her score ($50 - 6 = 44$). Then, the next person plays the first hole. Continue taking turns and keeping score on the score sheet until each person has played all nine holes. The “golfer” with the most points left wins.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

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READING

Audiobooks let your youngster explore more difficult books than she might normally read. At the library, have her choose a couple to listen to in the car or at bedtime. Check out the book versions, too, so she can read along.



GEOGRAPHY

Say the name of a country, and ask your child to name another country that starts with its last letter. Example: You say, “Canada,” and he says, “Austria.” Take turns until you run out of countries. Then, try states.



MUSIC

With your youngster, make up dances to go with different styles of music. Listen to the rhythms, and talk about them. Does the music make you want to dance fast or slow? Does it sound like a happy song or a sad one?



Character Corner

APPRECIATION

Help your child make up “appreciation statements” for people he knows. (“My dad is the best chef!”) Let him write them on paper stars. Then, he can hang the stars from pieces of yarn tied to a hanger to make a mobile of the “stars” in his life.



CONFLICT RESOLUTION

When your youngster has a conflict with a friend, help her make a case for the other side. If her friend picks someone else to be her science partner in class, she might think, “I was Erica’s partner last time. She probably just wants to be nice and ask Mary this time.” Considering the other person’s feelings may help your child understand the situation better.



FAMILY UNITY

Declare one day this month as “Family Day.” On that date, gather everyone in the kitchen to help put together a favorite family meal. Follow it up by looking through photos, watching home movies, or telling family stories.



ASTRONOMY

Each night before bedtime, have your child look at the moon and draw its shape on a calendar. After a couple of weeks, she will see how the moon changes as time passes. How many days does it take for the moon to change from a crescent to a full circle?

