

# Recipes for Success

Practical Activities to Help Your Child Succeed

MARCH 2017

## 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.”



### MULTIPLICATION Flying math facts

Practice quickly multiplying numbers with this fast-paced game for three or more people.

**Ingredients:** paper plates, marker

Have your child number 10 paper plates, 1–10. Stand in a circle outdoors, allowing space to toss the plates back and forth like Frisbees. Shuffle the plates and stack them facedown in the center.

Let her take two plates from the top and toss them to two separate players. Those players look at their numbers (say, 3 and 6), hold them up for each other to see, and quickly multiply them. Who can shout the correct answer first? ( $18$ , since  $3 \times 6 = 18$ ) The winner keeps the plates, draws two more, and tosses them to other players, and the game continues. When all the plates are used, whoever has the most wins the game. Restack the plates and play again.

### READING Create comic book characters

Encourage your child to dig for details in a book by drawing a comic strip featuring one of the characters.

**Ingredients:** book, paper, colored pencils

Your youngster will have to read the text closely for clues on how to turn a storybook character into his new comic book hero. Say he chooses a character who likes to play in puddles. Your child might create an action figure who can make it rain. Maybe the character will have a cloud for a head and a raindrop-shaped cape.

Next, he could draw a few panels of the comic strip and use details from the book in his plot.



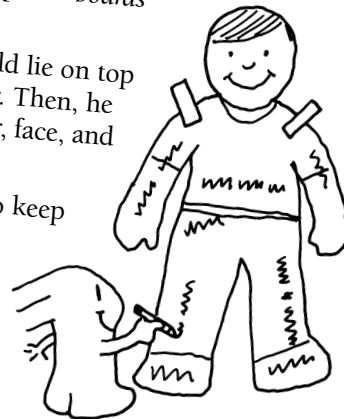
### HEALTH Healthy me

Give your youngster a creative reminder of ways he can stay healthy.

**Ingredients:** large sheet of newsprint (or several poster boards taped together), marker, scissors

Put your paper on the floor, and have your child lie on top while you trace around his body with a marker. Then, he can cut around the outline and draw in his hair, face, and clothes.

Together, brainstorm ways for your youngster to keep his body healthy. *Examples:* “Use my legs to run and exercise.” “Drink milk to keep my bones strong.” Let him write the sentences onto the correct parts of his “body.” Then, hang up his healthy-habits cutout.



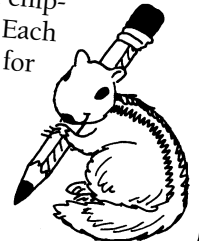
### CAPITALIZATION

As your youngster stands at one end of a room, slowly read sentences aloud that contain proper nouns—names of people, places, or things that are capitalized. She takes a step forward when she hears one. If she's wrong, let her know, and she takes a step back. How quickly can she cross the room?



### NATURE

Plan a nature treasure hunt in your neighborhood or at a local park. Before you go, make a list of what you might see, such as a yellow flower, a red bird, a chipmunk, or a stream. Each person should look for these “treasures” as you walk. Let your child cross them off as they're spotted.



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## Character Corner

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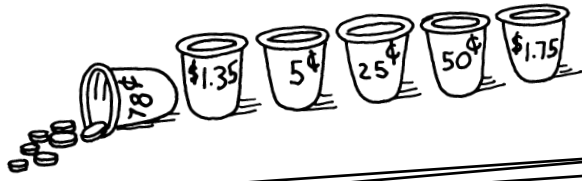
### MONEY A cup full of change

Adding up coins will give your youngster practice in remembering the value of each one.

**Ingredients:** six paper cups, marker, loose change

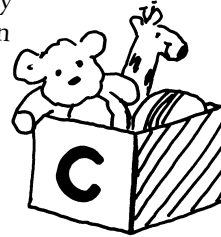
Label each cup with a random dollar amount. For a younger child, you might use values ranging from 5 cents to 25 cents. For an older one, you could make amounts more challenging, say, 78 cents or \$1.35. Next, place random coins into each cup—always going over the amount labeled.

Have your youngster dump out the money from the first cup and count it. She'll have to decide which coins to put back in to reach the total labeled. Then, she moves on to the second cup. *Note:* If she doesn't have the exact coins she needs, she can wait to get extra change from the other cups.



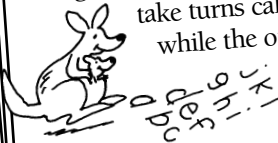
### ORGANIZATION

Help your child assign toys a letter: A for those he uses most, B for ones he plays with occasionally, and C for those he never uses. Suggest that he place "As" on a low shelf or in a toy box and "Bs" in a container on a higher shelf or in a closet. Donate "Cs" to clear clutter.



### SPELLING

Your youngster and a classmate can use sidewalk chalk to practice spelling. Have them write each letter of the alphabet on the sidewalk, close enough to hop among. They could take turns calling out words while the other leaps from letter to letter to spell them out.



### HOSPITALITY

If you have company for dinner, let your child know that creating a nice atmosphere makes guests feel welcome. Encourage her to do her part by cleaning up or adding special touches, like making place cards.



### PRIDE IN WORK

Help your youngster be proud of his work by asking to see it when he's finished. Have him explain what he did, or listen as he reads his story. Give positive feedback, and ask how he feels about his accomplishment.



### FORGIVENESS

If your child is mad at a friend for not playing with her at recess, help her learn to forgive. Tell her she'll feel better by moving forward. Then, practice ways she could talk to her friend. ("My feelings were hurt, but I forgive you. Let's play together today.")



## Congratulations!

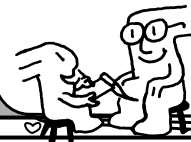
We finished \_\_\_\_\_ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

### INTERVIEWING

Let your child interview a relative about his life. He'll discover the most interesting details by asking open-ended questions (ones that can't be answered yes or no). He might ask about the person's childhood, job, and hobbies. *Examples:* "What is your earliest memory?" or "What's a typical day like at your job?"



### GEOGRAPHY

When you drive, have your youngster see how many different state license plates she can find. Ask her to describe the designs—and try to explain them. For instance, Colorado's license plate has a mountain range because the Rocky Mountains are there, and Florida's plate features oranges that grow in that state.

