

Recipes for Success

Practical Activities to Help Your Child Succeed

APRIL 2016

READING

Let's be realistic

Read a fiction story and a nonfiction book on the same topic—and find out what's realistic about the story.

Ingredients: library books

Help your youngster pick stories she would like to check out from the library. In the nonfiction section, she can get a book to pair with each one. For instance, if she chose *The Kissing Hand* (Audrey Penn), a story about a family of raccoons, she could select a nonfiction book about raccoons or nocturnal animals.

Read both books, and ask her to spot the facts sprinkled throughout the story or the events that are based on reality. Raccoons really do wash their food, for example. They don't actually go to night school, but they are nocturnal, so the fictional school would be appropriate if they did!

THINKING

Guess the order

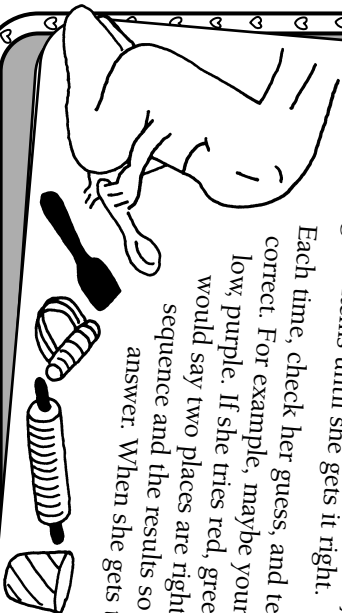
Sharpen your child's thinking with this colorful sequencing game.

Ingredients: 5 different-colored household objects, paper, pencil

While your youngster isn't looking, write down the five colors of the objects in any order you choose. Then, let her try to guess your sequence by arranging and rearranging her items until she gets it right.

Each time, check her guess, and tell her how many places are correct. For example, maybe your order is red, blue, green, yellow, purple. If she tries red, green, yellow, blue, purple, you would say two places are right. She should record each sequence and the results so she can think through the answer. When she gets the correct order, she can

create a sequence for you to figure out.



FRACTIONS

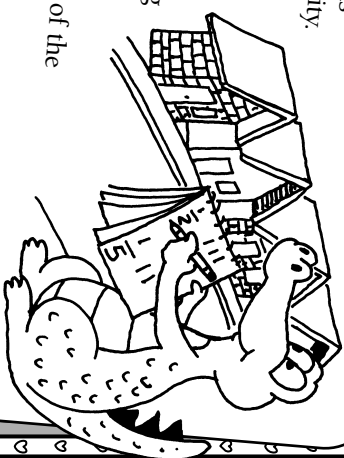
Parts of a group

What fraction of the houses on your street are brick? Your youngster can use fractions to describe parts of a group with this activity.

Ingredients: paper, pencil

Before you go for a walk or run an errand, have your child write down predictions about what you might observe—expressing each one as a fraction. For example, he could write, "One-half of the first 10 people we walk past will be children" or "One-fifth of the next 20 cars that pass us will be blue."

Let your youngster take along a notepad and pencil so he can make tally marks and calculate the fractions. Then, he could put a star beside his accurate predictions. Next to the others, he should write the actual fraction.

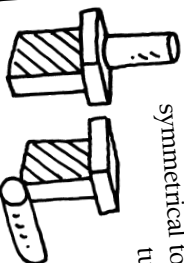


Refrigerator Poster

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."

SYMMETRY

Together, build a block tower that's symmetrical (each half is a mirror image of the other). Your youngster places one block to start her half of a building. Then, you place a block to begin the opposite half—symmetrical to hers. Take turns adding blocks for the other person to mirror.



NATURE

Your child can stretch his creativity by making a nature picture. Suggest that he gather twigs, nuts, stones, mulch, and petals to arrange artfully on a cookie sheet. Ask him to tell you about each object and where he found it. Then, he could snap a photo to remember his creation and put the objects back in nature.



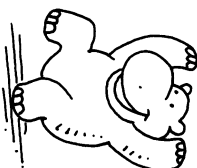
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SOCIAL STUDIES

Play music from around the world, and make up dances with your youngster. He'll have fun while learning about the music and languages of other countries. Find international music online, or get a CD from the library like *World Playground* by Putnamayo or *A World of Music* by Toucan Jam.



PATIENCE

Teach your child patience by encouraging her to amuse herself while waiting. She might make up games like naming things beginning with E (exit, escalator) or finding one-syllable objects (bread, desk). What other ideas can she think of?

HOSPITALITY

Pretend that you are a guest visiting your home. Have your youngster greet you at the door, take your coat, show you where to sit, and offer you something to drink. Then when real guests visit, he can use the hospitality skills he learned.



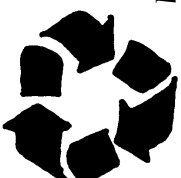
POSITIVE ATTITUDE

Encourage your child to think positively by countering negative thoughts with positive ones. Say your young ballerina feels she'll never be able to do a double pirouette. She could think, "I used to feel that way about single turns, and now they're easy!"



SYMBOLS

Together, name symbols you read every day (recycling symbol, American flag, pause symbol on a remote control). Talk about what each one stands for. Suggest that your child keep a list of symbols he sees for a week. He will realize how many symbols are in his world!



WRITING

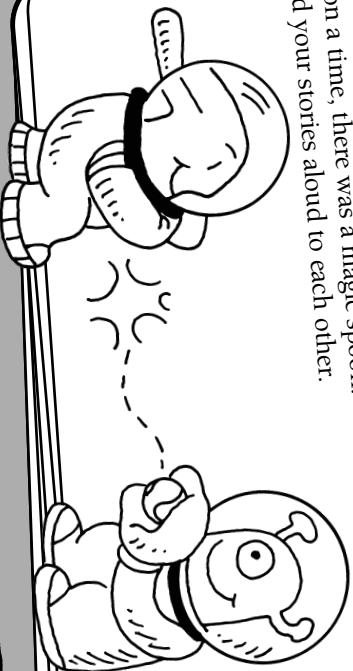
Stir the story bowl

Writing a story based on random objects is a fun family challenge.

Ingredients: large bowl, toys and household items, paper, pencils

Prepare for the fun by having each family member collect three small things from around the house (examples: ball, toy car, spoon). Place everyone's objects in a bowl.

Then, each person writes a story using as many of the items as he can. Choose any type of story you want. For example, your child might write a science fiction tale that begins "Earth and Mars were playing intergalactic baseball when a young fan's toy car drone landed on the field." Or you could start a fairy tale with "Once upon a time, there was a magic spoon." When everyone is finished, read your stories aloud to each other.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

SCIENCE

Which color of clothing keeps people cooler? Your youngster can experiment to find out. Have her lay a sheet of white paper and a sheet of black paper in the sun. After 10 minutes, she should touch them to see which is cooler. Explain that dark colors absorb light (and heat), and light colors reflect it.



EXIT