

Recipes for Success

Practical Activities to Help Your Child Succeed

JANUARY 2021



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.”

READING A tree of reading

From books to cereal boxes to board game instructions, the world is full of things to read. Your child can create this tree to keep track of his reading—and motivate himself to read more.

Ingredients: scissors, construction paper, crayon, zipper bag, tape, glue

Have your youngster draw and cut out a dozen leaves and a bare tree from construction paper. On each leaf, he can write something different to read (choose-your-own adventure story, comic book, poem, billboard, biography, shampoo bottle).

Let your child hang up his tree and keep the leaves in a bag taped beside it. After he reads each item, he glues that leaf to his tree. When he finishes all 12, he can make more leaves with new ideas for reading. By spring, his tree will be nice and full!



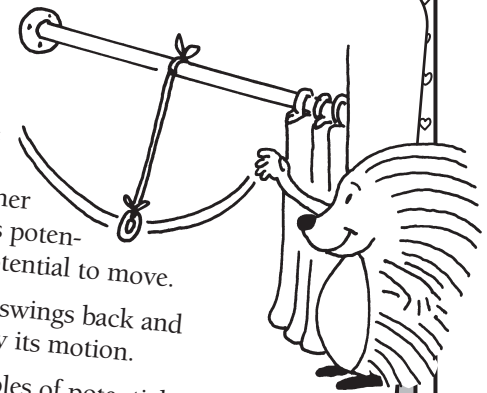
SCIENCE In full swing

Making a pendulum will show your youngster the difference between *potential* energy and *kinetic* energy.

Ingredients: string, metal washer, shower rod

Let your child tie one end of the string to the washer and the other end to the shower rod. Keeping the string taut, have him lift the washer until it's level with the shower rod. Now it has potential energy, meaning its position gives it the potential to move. Then, your youngster can let go—the washer swings back and forth. It has kinetic energy, or energy created by its motion.

Idea: Encourage your child to spot more examples of potential and kinetic energy. He might see a cat poised to pounce (potential), then watch her soar through the air (kinetic).



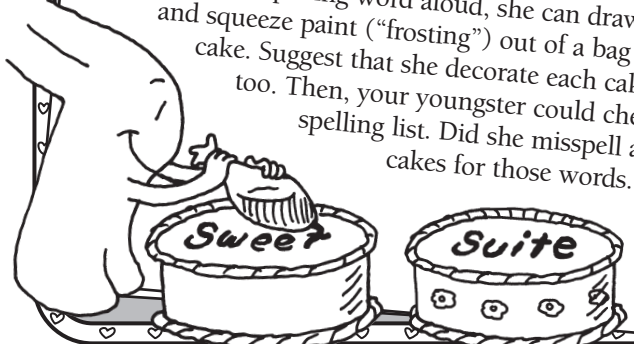
SPELLING Decorate word cakes

Finger-paint “frosting” makes it fun to learn spelling or word-study words!

Ingredients: finger paint, plastic zipper bags, scissors, spelling words, paper

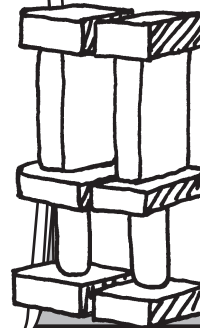
Help your child put different colors of finger paint into plastic zipper bags. Seal tightly, and snip off the bottom corners.

As you say each spelling word aloud, she can draw a circle (“cake”) on paper and squeeze paint (“frosting”) out of a bag to write the word on the cake. Suggest that she decorate each cake with flowers or swirls, too. Then, your youngster could check the cakes against her spelling list. Did she misspell any? Let her make new cakes for those words.



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 his half of a building. Then, you place a block to begin the other half—symmetrical to his. Take turns adding blocks for the other person to mirror.



CONCENTRATION

Ask your youngster to line up three identical cups upside down on a table and put a small toy underneath one. While she watches, quickly move the cups around so they trade places several times. When you stop, can she tell you which cup the toy is under?



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Character Corner

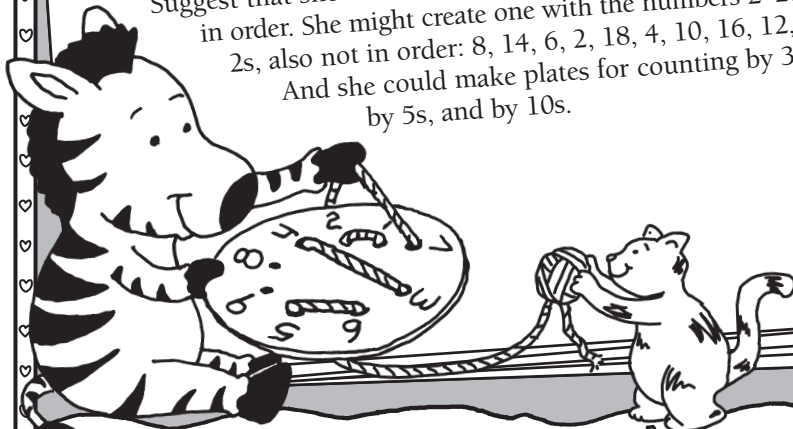
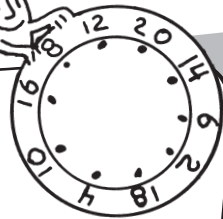
MATH Plate it up!

Two, four, six, eight ... practice counting with a plate!

Ingredients: paper plates, pencil, hole punch, yarn

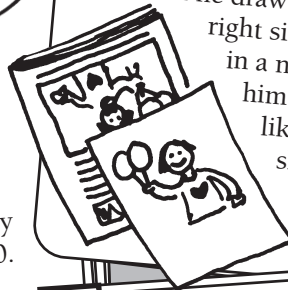
Have your child write the numbers 1–10 randomly around the edge of one plate. Example: 1, 7, 3, 6, 5, 9, 8, 10, 4, 2. Next, she should punch a hole by each number. She can lace the yarn through the holes to connect the numbers in the correct order.

Suggest that she make more plates to lace other numbers in order. She might create one with the numbers 2–20 by 2s, also not in order: 8, 14, 6, 2, 18, 4, 10, 16, 12, 20. And she could make plates for counting by 3s, by 5s, and by 10s.



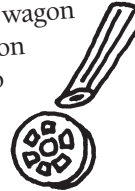
ART

Let your child choose a simple picture from a book or magazine and turn it so he's viewing it upside down. Now, on a blank sheet of paper, can he draw the same image right side up? Seeing it in a new way will help him observe details like lines and shading.



PUNCTUATION

On a large sheet of paper, write a sentence without punctuation (Let's go to the playground said Charlie). Challenge your youngster to place dry pasta (macaroni, penne, wagon wheel) where punctuation marks belong. ("Let's go to the playground," said Charlie.)



ASTRONOMY

Help your youngster model how asteroids and meteorites form craters on the moon. She can cover the bottom of a baking dish with a thin layer of flour and set the dish in a sink. What happens when she drops a small rock onto the flour and picks it up carefully? There's a crater!



EFFORT

Ask your youngster to rate how much effort he put in today at school, using a scale of 1 (for little effort) to 5 (for best effort). Let him explain his rating to you. How can he keep it up—or do better—tomorrow?

TOLERANCE

Challenge your child to find things she has in common with people who seem different from her. Maybe she and Grandma both like '70s music even though they're far apart in age. Or perhaps a classmate from another country has three little brothers, too.

RESPONSIBILITY

Explain to your child that privileges (playing on the computer) come with responsibilities (visiting safe websites). Ask him to divide a sheet of paper into two columns ("Privileges" and "Responsibilities") and list more examples.



READING

Encourage your child to read in a place that matches her book—it'll help her connect with the story. She could build a fort and use a flashlight to read a book about camping. Or she might read a winter-themed story while she sits by a window and watches snow fall.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)