

Recipes for Success

Practical Activities to Help Your Child Succeed

MAY 2021

Refrigerator Poster

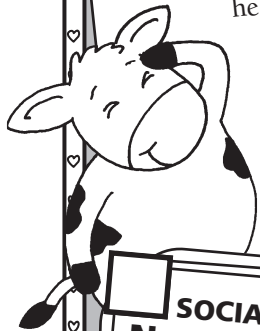
Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the “recipe.”

READING Stop for sight words

Your child will practice reading sight words while trying to avoid “stop signs” in this game.

Ingredients: pencil, 25 index cards, sight word list
Have your youngster write 22 sight words on separate index cards. (Use a list from school, or search online for “sight word list.”) On three other cards, he should draw a stop sign. Shuffle and stack the cards facedown.

Take turns flipping over a card and reading the word. If you get it right, keep the card. If not, put it at the bottom of the your cards. Collect the most cards to win.



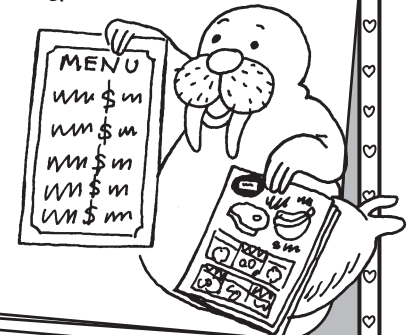
FINANCIAL LITERACY Sticking to a budget

Planning a family dinner is a good way for your youngster to learn about shopping on a budget while working on math skills.

Ingredients: grocery store ads, paper, pencil

Set a budget for your dinner, and have your child create a healthy menu based on items in the circular or on the store website. She can list each food and its price. Suggest that she round the numbers and keep a running total in her head to stay on target.

Then, she should add up the actual prices to see how close her estimate was—and whether she’s within budget. She may add or remove items until it comes out right. Now, you could shop and cook together to make her menu. Bon appétit!



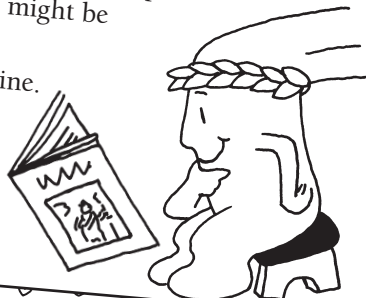
SOCIAL STUDIES News flash from the past

What’s the biggest news from an era your youngster is studying in history? Designing the front page of a newspaper will help him dive more deeply into important events and summarize them.

Ingredients: construction paper, crayons or markers

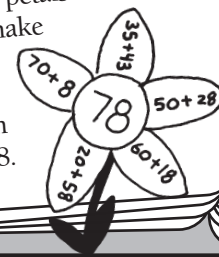
Suggest that your child choose a place and time in history he’s learning about, perhaps ancient Greece. Have him pretend to be a newspaper editor and pick topics for the front page. One might be “Ancient Greeks create first democracy.”

Encourage him to do research in books or online. He can write headlines and short articles on the construction paper, then illustrate the page. Finally, let him display his front page on the refrigerator.



ADDITION

Let your youngster make spring “flowers” for addition practice. Have her cut circles from construction paper, write a number between 1 and 100 on each, and glue the circles to paper. She can add petals that show different ways to make each number. For 78, she might include petals with $70 + 8$ and $50 + 28$.



SAFETY

Talk with your child about ways to stay safe in the kitchen. Together, come up with rules (“Use the stove only with an adult,” “Don’t put aluminum foil in the microwave”). Suggest that he write and illustrate each rule on a sheet of paper and hang his signs near the appliances.



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Character Corner

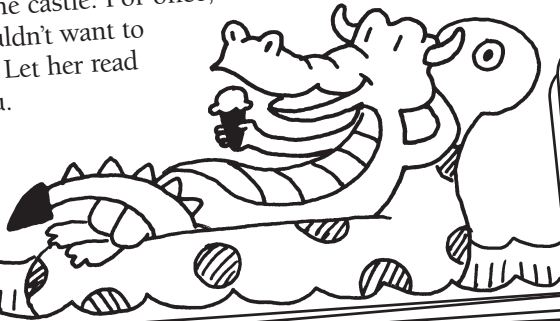
WRITING Create a character

Making up a fictional character will spark your youngster's creativity and help her write an interesting story.

Ingredients: paper, pencil

Suggest that your child make columns for different facts about her character. She could label them with categories like name (Lima Bean the Dragon), favorite activities (eating ice cream, swimming in moats), problem (can't breathe fire), and personality traits (brave, determined).

Now, encourage your youngster to use the facts about her character to write a short story. It might include: "Lima Bean heard an ice cream truck approaching the castle. For once, she was happy she couldn't breathe fire. She wouldn't want to melt the ice cream!" Let her read her tale aloud to you.



TIME

Although your child may be used to digital clocks, he still needs to be able to read an analog clock. Ask him to draw a clock face on one sheet of paper and cut out an hour hand and a minute hand from another sheet. Call out times (1:00, 2:30), and have him arrange the hands to match. *Tip:* Start with times to the hour and half-hour, then go to quarter hours and so on.



LISTENING

Challenge your child to draw an object based on your instructions—without telling her what she's drawing! For a boat, you might begin, "Draw a trapezoid with the long side on top." Can she identify the item? Now let her give you directions to draw an object.



GRATITUDE

Try this 24-hour challenge: Anytime a family member starts to complain, they should say something they're thankful for instead. Rather than saying, "I'm too tired to go to baseball practice," your youngster could try, "I'm thankful for my teammates."



DEPENDABILITY

Ask your child to name household items she depends on (sink, toaster). What would happen if they didn't work? (She couldn't wash her hands or make toast.) Now ask her to think of ways others rely on her. What would happen if she weren't dependable?



SELF-ESTEEM

Suggest that your youngster finish the sentence "I am good at ____." (Examples: "being a big brother," "making people laugh.") Now, have him stand in front of a mirror and read his list aloud. He'll remember what he likes about himself!



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

ENGINEERING

What could your youngster construct using toothpicks and play dough? First, she can roll the dough into balls and connect them to make 3-D shapes (rectangular prisms, cubes, pyramids). Then, encourage her to build with the shapes

to see which ones create the most stable structures.



FITNESS

On a driveway or playground blacktop, let your child use chalk to draw 10 circles large enough to stand in. In each circle, he can write a physical activity ("Jump like a kangaroo," "Touch your toes"). Now have family members run from circle to circle and do each activity.

