

Recipes for Success

Practical Activities to Help Your Child Succeed

WRITING Point of View

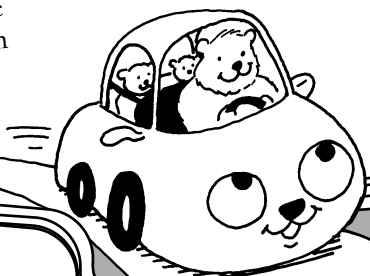
Spark your child's imagination—and boost his writing skills—by having him imagine that he's a car, a piece of furniture, or a type of food.

Ingredients: pencil, paper

Ask your youngster to think of an object. Then, suggest that he write a story from that item's point of view. He should consider how the object might "feel" and what it might "see" or "hear."

For example, if he chooses to be a car, he might write: "I was on a busy highway, and the kids were in my backseat. I got thirsty, so we stopped for gas."

Variation: For a younger child, write down the story he tells, and let him illustrate it.



READING 1-2-3 Directions

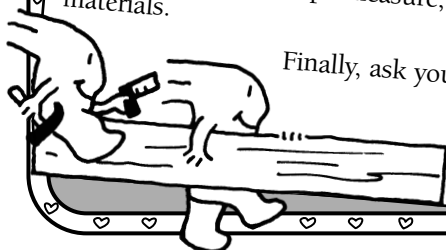
Is there a simple job you need to do around the house? If so, try this activity to give your child practice reading instructions.

Ingredients: paper, pen

The next time you hang a picture, tighten a leaky faucet, or tackle another project, write down step-by-step directions. For example, to hang a picture, center it above the sofa. Holding the picture against the wall, make a light pencil mark along the top of the frame. ...

Have your youngster read the instructions to make a list of all the supplies you'll need (pencil, tape measure, hammer, nails). Together, gather the

Finally, ask your youngster to read your directions aloud as you work on the project. Remind her to read them in order, slowly and clearly.



MATH Family Measurement

Measure up some math fun. Try this activity with your family or a group of your youngster's friends.

Ingredients: pencil, paper, tape measure

List everyone's name down the side of a piece of paper. Across the top, write several measurements to take (length of left leg, diameter of right wrist, height).

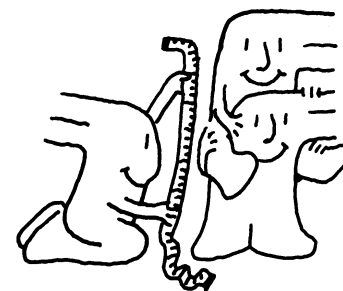
Have your child measure each person in the group and write the results on the chart. Then, help her find the average of each measurement. For example, to find the average height of the group, she would first add together the height measurements (36 inches, 50 inches, 65 inches, 72 inches). Then, she'd divide the total inches by the number of people ($223 \div 4 = 55.75$ inches).



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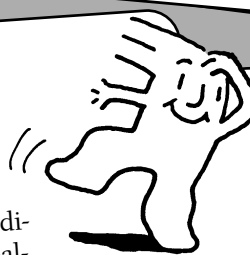
Refrigerator Poster

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."



FITNESS

Here's a playful way for your child to practice coordination and balance. Take turns asking each other to do two activities at once. **Examples:** Stand on one leg while patting your head; rub your stomach while skipping. For an added challenge, try three motions.



THINKING

Sharpen your youngster's reasoning skills using pictures clipped from newspapers or magazines. Together, look for clues that reveal details about the picture, such as where it was taken or what a person in the photo does for a job. **Examples:** "Skyscrapers mean it's a big city," or, "Wearing a stethoscope means she's probably a doctor or nurse."



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Character Corner

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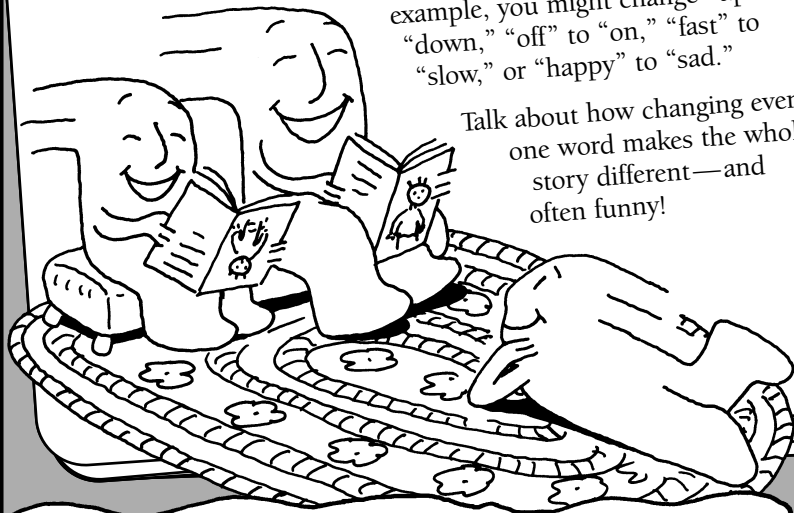
VOCABULARY Switch-a-Word

In this vocabulary-building activity, opposites can attract your youngster to reading.

Ingredients: pencil, paper

Ask your child to choose a favorite story or poem, and read it aloud. Then, read it again, this time taking turns reading the pages and replacing some words with their opposites. For example, you might change “up” to “down,” “off” to “on,” “fast” to “slow,” or “happy” to “sad.”

Talk about how changing even one word makes the whole story different—and often funny!



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

MATH

Cut pictures of several items from catalogs. Give each item a price of under \$5. Tell your child he has \$50 to spend. Can he figure out how much change he'll have if he buys one item? How many can he buy without going over \$50?



SCIENCE

Help your youngster be more observant with a leaf hunt. As you walk around your neighborhood, see how many different leaf shapes she can find. She might look for leaves with smooth edges or jagged edges, or leaves that are shaped like feathers or fans.



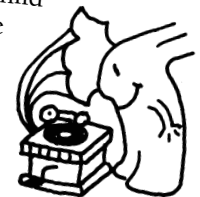
READING

A family reading circle can encourage your child to practice reading aloud. Each Sunday, have family members read something they wrote during the week (a story, a report). Then, every listener gets to ask a question (“Why did you choose a turtle for the main character?”) or make a comment (“I like the ending”).



HISTORY

Visit an antique store or a flea market with your youngster. Look for items that were used in the past (record player, butter churn, rotary phone). See if your child can figure out what they are and what they do. He'll learn about objects used by his grandparents, great-grandparents or even older generations.



COOPERATION

Give your youngsters a fun way to practice cooperation. Challenge them to come up with cooperative ways to play familiar games. For example, when playing checkers, try to get everyone's pieces crowned. Or agree to jump pieces only when there are no other possible moves.



APPRECIATION

Encourage your child to thank someone she appreciates. Give her paper and markers to make a special certificate, such as an “Amazing Soccer Coach” or a “Best Little Brother” certificate.



RESPECT

Teach your youngster to treat others with respect. You can encourage him to think before he speaks, for instance. Suggest that he say, “I think it's actually my turn” instead of “You took my turn!” or, “Please give my pencil back” rather than “Don't take my pencil!”

