

Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 2021

READING Tell a book by its cover!

Encourage your child to build reading comprehension by designing a new cover for a book.

Ingredients: book, construction paper, scissors, tape, pencil, crayons

After your youngster reads a book, suggest that she think about how the cover relates to the story. If it's a funny tale, it might show characters laughing in a bright setting. A sad story may have a dark cover with a lonely landscape.

Then, ask your child to create a new cover. Let her cut, fold, and tape the paper to fit over the book. Then she can consider the book's plot, message, or mood to decide how to showcase the story. For instance, she could draw a sunrise to foreshadow that characters faced obstacles but never lost hope.

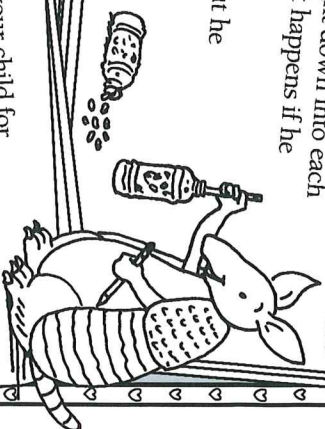


SCIENCE Lift a bottle

Can your youngster lift a bottle full of rice with just a pencil—and discover the science behind this feat?

Ingredients: funnel, two identical empty plastic bottles, uncooked rice, two pencils

Have your child use a funnel to fill one bottle with rice. Now he can repeat with the second bottle, this time tapping the bottom on the table several times as he fills it to the top. Next, he should insert a pencil straight down into each bottle, leaving enough sticking out to grasp. What happens if he holds each pencil firmly and lifts straight up? The pencil comes out of the bottle he didn't tap. But he can use the other pencil to lift the bottle right up! Why? Tapping removes air pockets, packing the rice together tightly so the pencil can't move.



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."

MEMORY

Play Concentration—with an extra challenge. Scatter a deck of playing cards facedown rather than lining them up in rows. Take turns flipping over two cards. Keep them if the color and number match (2 of hearts, 2 of diamonds), or flip them back over if they don't. Collect the most pairs to win.



SEQUENCING

Have your child list the steps for making a sandwich, then follow his own instructions. How does his not so good if he forgot the step of getting the bread out? He'll see the importance of writing complete directions ("Get two pieces of bread" and then "Spread mustard on one slice").



MATH Carnival addition

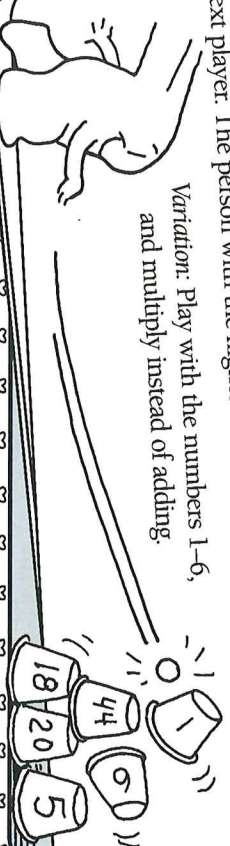
Step right up! Play this carnival-style game with your child for some fun addition practice.

Ingredients: six plastic or paper cups, marker, small ball, score sheet, pencil

Let your youngster turn each cup upside down and write a one- or two-digit number on it. Then, have her stack the cups into a pyramid (three on the bottom, two in the middle, one on top).

Take turns standing about six feet away and tossing the ball at the pyramid. Add the numbers on cups you knock over to get your score. Restack the cups for the next player. The person with the highest total after 10 rounds wins.

Variation: Play with the numbers 1–6, and multiply instead of adding.



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Character Corner

EMPATHY

Your youngster can put herself in someone else's shoes with this idea. Have her draw and cut out 10 sneakers, then write an emotion (*sad, angry*) on each. Take turns picking one and naming a way to show empathy for someone who feels that way. (Invite a lonely classmate to play.)

RESOURCEFULNESS

Ask your child to think of ways to reuse items that might otherwise be thrown away. Say you're getting rid of mismatched socks. He

could turn them into puppets or bean bags. Considering other uses will help him be more resourceful.

SPORTSMANSHIP

Cheering on teammates when they miss a goal or strike out is one way to be a good sport. Talk about ways your child can encourage other players. If someone misses a soccer goal, she could pat her on the shoulder and say, "It's okay, shake it off!"

GEOGRAPHY

Write the name of any U.S. state on a sheet of paper, and pass it to your child. She adds a state and hands the paper back to you. Can you list all 50 states? *Challenge:* Write the state capitals, too.

STUDY SKILLS

A "study bucket" can help your child focus on his studies rather than on searching for supplies. Suggest that he fill a pail with items like pencils, highlighters, a calculator, a ruler, and paper. He'll have an on-the-go solution no matter where he studies.

WRITING

A sci-fi fairy tale

How would your youngster's favorite fairy tale change if he turned it into science fiction? He'll find out with this writing activity.

Ingredients: fairy tale, paper, pencil

Together, think about elements normally found in science fiction, such as spaceships, aliens, robots, and futuristic inventions.

Now have your child pick a fairy tale and write a sci-fi version that includes some of those elements. His story might feature Jack using a jet pack to reach the top of the beanstalk and discovering a Martian instead of a giant.

Idea: Suggest that your child try more "genre swaps," like turning a mystery into a poem or writing a biography of a fictional character.

LOGIC

Have each person write a secret number on a sticky note. Put the notes on each other's forehead, then ask yes-or-no questions to figure out "who" you are. ("Am I a two-digit number?") The both of my digits even?") The first player to say his number wins that round.

Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

FRACTIONS

Show your youngster that fractions are all over your home! For instance, ask her to calculate what fraction of your kitchen shelves contain pots and pans (say, 2 out of 14 = $\frac{1}{7}$). Or she could figure out what fraction of the rooms have closets (3 out of 6 = $\frac{3}{6}$ or $\frac{1}{2}$).

$\frac{1}{2}$