

# Recipes for Success

Practical Activities to Help Your Child Succeed

OCTOBER 2016

## Refrigerator Poster

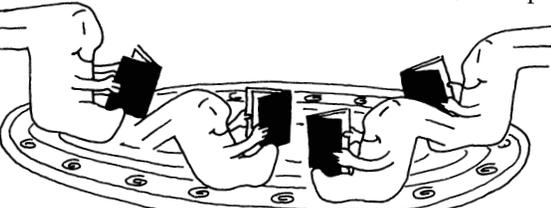
Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the "recipe."

### READING Family book club

Want to get your youngster excited about reading? Start a book club with your family.

**Ingredients:** books

Together, decide on a book to read. Pick a date for your first club meeting, giving everyone enough time to finish the book. When the big day arrives, meet in a special place—the library, a coffee shop, or a cozy spot in your home. Get the discussion rolling by asking open-ended questions like "What surprised you? Why?" or "What kind of friend would the main character make?" Encourage your child to back up his opinions with examples from the story, just like he'll need to do in school.



When you finish your discussion, select a new book and a date for your next meeting.



### ENGINEERING Tinker away

Instead of tossing out old or broken household objects, you can use them to let your child think like an engineer.

**Ingredients:** basket, broken items (electronics, toys), screwdriver, household materials

Fill a basket with items for your youngster to explore. Be sure to make them safe by removing old batteries or unplugging them.

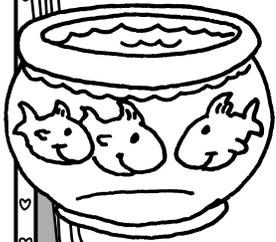
You might help your child use a screwdriver to take apart a toy vacuum cleaner or a radio to see what's inside. He could try to reassemble it and figure out how it worked. Or he might attempt to repair something. For instance, he can replace the broken handle of a bucket with rope or plug a hole in a torn beach ball with duct tape.



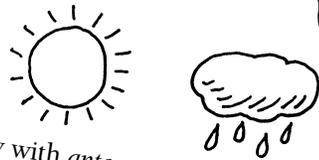
### MATH

Have your youngster write the numbers 1–20 down one side of a piece of paper. Then, ask her to think of something that equals each number. Encourage her to be creative! Examples:

3 = the number of goldfish in our fishbowl, 16 = the number of legs on two spiders.



### OPPOSITES



Play with *antonyms*, or words with opposite meanings, by having conversations with your child where you use as many opposites as possible. Instead of, "It's a warm, sunny day. Let's go outside," he could say, "It's a cold, rainy day. Let's stay inside." Can you "translate" each other's sentences to figure out what you really mean?

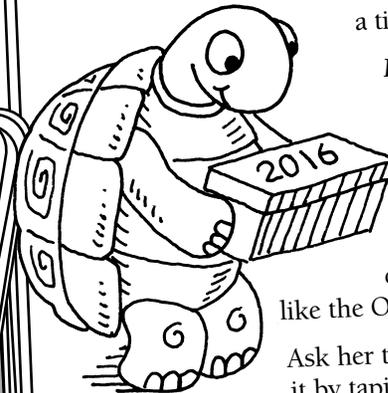
### SOCIAL STUDIES Time capsule

Show your youngster how times change by creating a time capsule.

**Ingredients:** "time capsule" (a shoebox or similar container), paper, crayons, tape, marker

Talk with your child about what is popular this year. Examples: a bestselling book, a new comic, a clothing fad. Have her draw a picture of each item to put in her time capsule. She can also write about major events like the Olympics or a blizzard.

Ask her to put everything inside her time capsule, seal it by taping it closed, and write the date on the outside. Store the capsule in a safe place—to be opened one year from today!



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## Character Corner

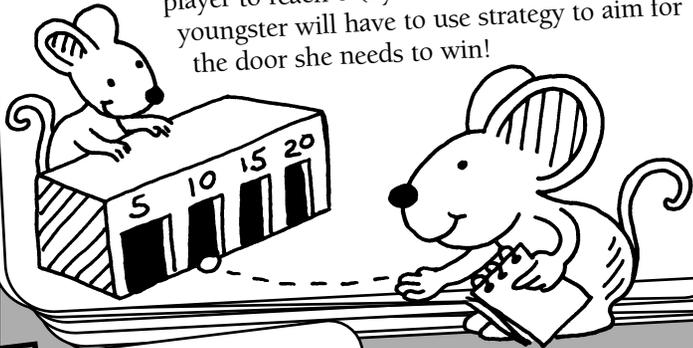
### SUBTRACTION Marble mania

Open doors with this game of subtraction.

**Ingredients:** cardboard box, scissors, marker, marble or small ball, pencil, paper

Cut four “doors” in one side of a cardboard box, making each narrower than the one before it. Then, have your child write a number—5, 10, 15, or 20—above each door. (The highest number goes above the narrowest door.)

Each player starts with 100 points. From about 1 foot away, take turns trying to roll the marble through any door. If you get it through, subtract its number from your score. The first player to reach 0 (by exact count) wins. Your youngster will have to use strategy to aim for the door she needs to win!



### SCIENCE

How quickly can your youngster’s brain signal her muscles to react? She’ll find out with this experiment. Dangle a ruler above her outstretched hand. Let go, and have her catch it between her thumb and forefinger. Which number did she grab? Repeat a few times. How does her *reaction time* change?



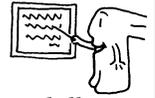
### CREATIVITY

Encourage your child to create his own business card. He could dream up a name for a company he would like to own (Elliot’s Toy Store). Then, he can cut a small rectangle from construction paper and write in the name. Suggest he design a corporate logo and add a street address, phone number, and website address.



### LEADERSHIP

Put your child in charge of a family meeting. Tasks like writing an agenda and moderating the discussion can build leadership skills. Point out that good leaders seek input from others. She might ask family members for agenda suggestions, for example.



### FAIRNESS

Choose a favorite game. But instead of playing the usual way, let your youngster pick a rule to ignore, perhaps taking turns. Play the game without that rule. Then, talk about how rules make the game fair for everyone—and more fun!



### CONTROLLING ANGER

This simple trick can help head off angry feelings. Together, think of a special word, such as “kangaroo.” When someone starts to get angry, say the word aloud. It will be a signal for him to take a deep breath and calm down.



### READING

Enjoy this reading activity the next time you and your youngster are in the car, on a walk, or riding a bus. Ahead of time, write down a list of street names and road signs (Stop, Yield, One Way). When she spots one, she crosses it off. Try to get all of them before you return home.



## Congratulations!

We finished \_\_\_\_\_ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

### LANGUAGE

Many common words have been shortened from other words. Examples: fridge for refrigerator, demo for demonstration, burger for hamburger. How many can you and your child think of? He’ll realize that he hears or uses many of them every day—and get a sense of how language evolves.

