

# Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 2016

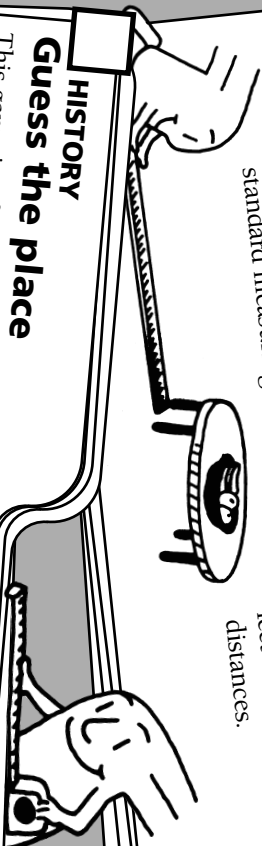
## MEASUREMENT

### How many feet?

Long ago, people measured distances using their feet. This activity shows your youngster why that wasn't an accurate way to measure.

**Ingredients:** yardstick, measuring tape, or ruler  
Have all players stand at one end of a room, and ask your child to pick a spot to walk to (coffee table, doorway). Then, each person walks heel-to-toe to that location while counting his steps.

Let each player tell how many "feet" he traveled. What does your youngster notice? (The numbers will vary.) Now, help him measure the distance with the yardstick, measuring tools rather than our feet to measure standard measuring tools distances.



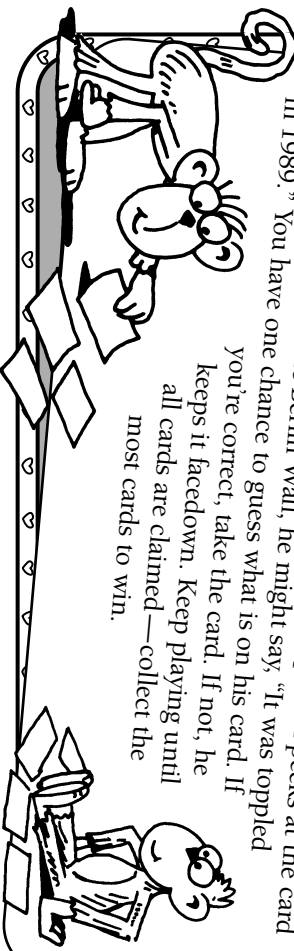
## HISTORY

### Guess the place

This game is a fun way for your youngster to learn about important places in history.

**Ingredients:** history books, 5-10 index cards per player, pencils  
Take turns looking through a history book. On each of your cards, write the name of a place along with a fact about it. Spread out your cards facedown in front of you.

On your turn, point to any other player's card. That person peeks at the card and reads the fact. If it's the Berlin Wall, he might say, "It was toppled in 1989." You have one chance to guess what is on his card. If you're correct, take the card. If not, he keeps it facedown. Keep playing until all cards are claimed—collect the most cards to win.



## READING

### A new book cover

Making a new cover for a book can boost your child's reading comprehension skills.

**Ingredients:** book, paper grocery bag, pencil, scissors, tape, crayons or markers  
After your youngster reads a book, have her tell you how its cover relates to the story. If it's a funny animal tale, it might show laughing animals in bright colors. A book on a serious topic may have a dark-colored cover with a lonely landscape.

Then, ask her to imagine she is the artist chosen to design a new cover. Let her cut the paper bag to fit over the book. Have her consider the book's plot, message, or mood to decide how to show the case the story. She could decorate a cover with a sunrise to foreshadow that characters faced obstacles but never lost hope.



## 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."

## PHONICS

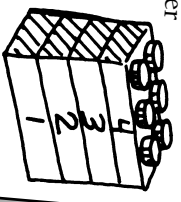
Name a vowel sound, such as the long e in eat, and set a timer for 3 minutes. Challenge players to go through the alphabet and write a long e word for as many consonants as possible (beam, chetah, deep).

**Tip:** Have your child list consonants on paper for reference. The person with the most words picks a new vowel sound, and you can play again.



## NUMBER SENSE

Let your youngster use a washable marker to label 20 Legos by writing a number, 1-20, on the side of each one. Mix them up, and have her snap them together in order as she counts from 1 to 20. Next, ask her to take them apart and make a tower by counting backward.



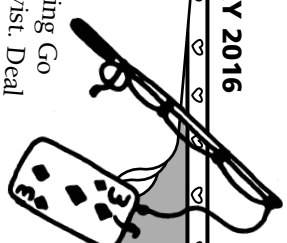
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## DIVISION

Your youngster can practice division by playing Go Fish—with a twist. Deal five cards to each player, and stack the rest facedown. But instead of asking “Do you have a 3?” to make a match, players create a division problem: “Do you have 18 divided by 6?” If the person has the card, she gives it to you. If not, you “go fish” by drawing a card from the stack.



## Character Corner

**PERSEVERANCE**  
Have your youngster decorate an empty paper towel tube and label it “The stick-with-it stick.” Each week, award the “stick” to a family member who stuck with a difficult assignment or project, such as memorizing a speech or shoveling the driveway.



## FORGIVENESS

The next time your child has trouble forgiving someone, encourage him to write about how he feels. Maybe a teammate never passed him the basketball during last night’s game. Working out his feelings on paper may motivate him to talk to—and forgive—the person.



## TOLERANCE

Let your youngster pick two stuffed animals (a cat and a lizard) and hand one to you. Chat from the point of view of your animal about what makes you different and the same. (“I have fur, and you have scales.” “We can both be pets.”) They might find they’re more alike than different!



## READING

Write a random sentence, scrambling the letters in each word. (“The knechic unscramble to read the sentence?” It may take just a few—he can use *context clues* for the rest (“The chicken crossed the road”). Then, let him write a scrambled sentence for you.



## ENGINEERING

**Boat building**  
Which family member will make the most seaworthy boat? Your child can practice engineering skills with this friendly competition.

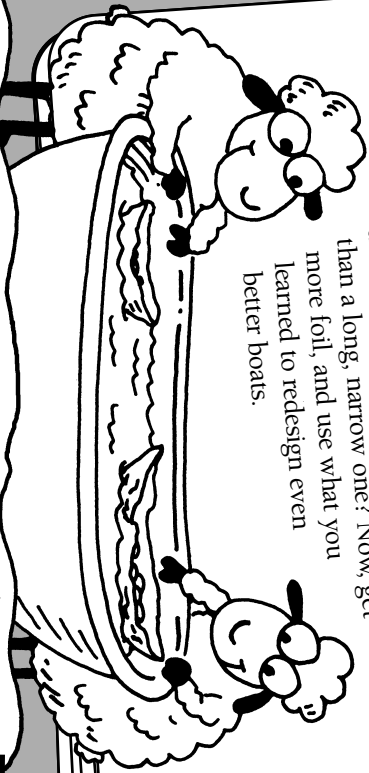


**Ingredients:** aluminum foil, ruler, pennies

Fill a bathtub with a few inches of water. Have each “engineer” shape a 1-foot sheet of foil into a boat that she thinks will carry the most pennies without sinking.

Place the boats in the water. Take turns putting one penny at a time into your boat until it sinks. The last boat sailing wins! Look closely at the design of the winning boat. Which features does your youngster think helped it float and hold the most pennies? For instance, does a short, wide boat float better

than a long, narrow one? Now, get more foil, and use what you learned to redesign even better boats.



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

## ART

Suggest that your child celebrate family members’ interests by creating a family crest. She could divide her crest into four parts, illustrating each with a family hobby. If her brother plays tennis and his favorite color is green, she might draw a green racket. Display the crest, and ask her to tell you about it.

