

# Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 2018

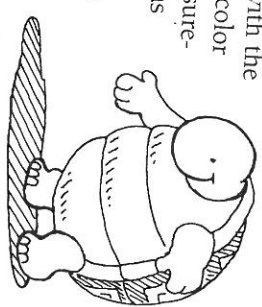
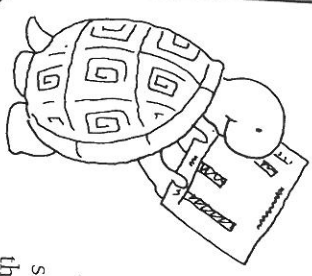
## MATH Shadow graphing

Your child can explore math with this measurement and graphing activity.

**Ingredients:** yardstick or measuring tape, paper, pencil, crayons

Go with your youngster to pick a sunny spot outside. He should measure the length of your shadow at three different times, such as morning, midday, and late afternoon, and write the measurements on a sheet of paper.

Then, help him create a graph by labeling the left side of a piece of paper with measurements and the bottom with the times of day. Have him color bars to show your measurements. At what time was the shadow the longest? The shortest? How much shorter was it at noon than in the morning?



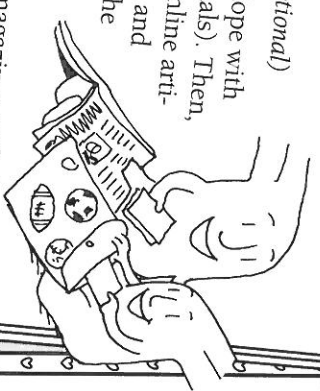
## READING Collect the news

Spark your child's interest in reading the news by helping him start an article collection.

**Ingredients:** large envelope, crayons, newspapers, magazines, scissors, internet access (optional)

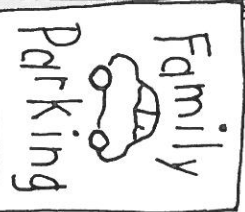
Begin by having your youngster decorate an envelope with pictures related to his favorite topics (sports, animals). Then, he can cut or print out newspaper, magazine, or online articles about the subjects. Suggest that he ask friends and relatives to send him articles, too. Let him slip all the articles into his envelope. Invite him to read one to you each night.

**Variation:** A younger child could cut pictures from magazines and glue them onto paper. Help him label the pictures and tell you a story about them.



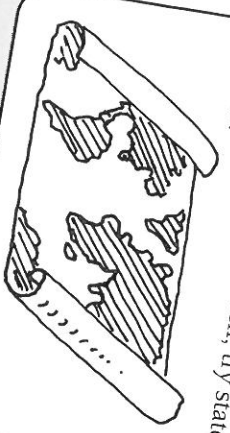
## CREATIVITY

Ask your child to make "traffic signs" for rooms of the house. How? With colorful markers, poster board, and a little imagination. She might write, "Get Clean Here" for the bathroom or "Family Parking" in the garage. Can she come up with a sign for every room?



## GEOGRAPHY

Say the name of a country, and ask your youngster to name another country that starts with its last letter. **Example:** You say, "Canada," and he runs out of countries. Then, try states or cities.



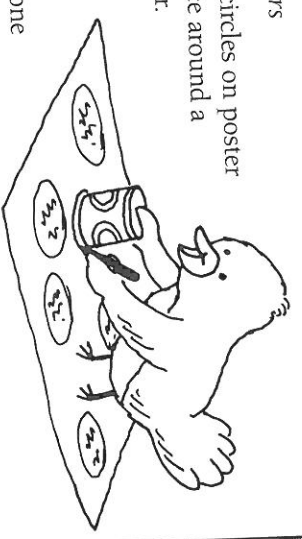
## WRITING Poster of dreams

Encourage your youngster to practice descriptive writing by making a poster about her dreams.

**Ingredients:** poster board, markers

Have your child draw 10 large circles on poster board. **Tip:** For easy circles, trace around a peanut butter or mayonnaise jar.

Ask her to think about interesting dreams she has had. Next, suggest that she write a sentence about each dream in one of the circles and draw a picture to go with it. ("I lived at the zoo with the pandas." "I grew wings and flew to school.") She could hang the poster in her room and add to it when she has more dreams.



**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."

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## Character Corner

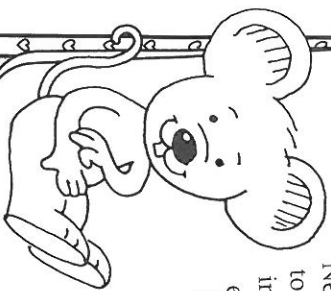
### SCIENCE Beating hearts

Your youngster will work on multiplication—and learn why exercise is good for her heart—with this idea.

**Ingredients:** paper, pencil, stopwatch or clock with a second hand

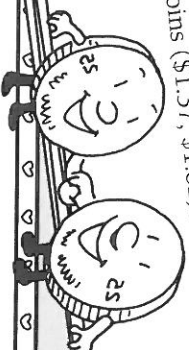
Show your child how to take her pulse by pressing the first two fingers of her left hand against the underside of her right wrist. She should count how many times her heart beats in 15 seconds and multiply that number by 4 (to get the beats per minute). This number is her resting heart rate.

Next, have your youngster think of activities to make her heart beat faster, such as walking, dancing, and hopping. She can try each for 1 minute and take her pulse immediately afterward. Which one increases her heart rate the most? Explain that exercise gives her heart a workout and makes it stronger.



### ADDITION

Ask your child how she would make 50 cents using the least number of coins (1 half dollar). The most? (50 pennies) Encourage her to think of other ways to make 50 cents (5 dimes or 3 dimes and 4 nickels). Then, challenge her to make a different amount in coins (\$1.37, \$1.82).



### MUSIC

Songwriters match the rhythm of words to the beat of music. Your youngster can experiment with this by making up new words to a familiar song. For example, he might turn “There Was an Old Lady Who Swallowed a Fly” into “There Was a Young Lady Who Jumped Like a Frog.” Have fun singing his new song together!



### READING

Give library books a place of honor by creating a storage spot for them. Your child could cover a box with construction paper and use markers to illustrate her favorite characters or settings. Suggest that she keep a notepad and pencil near her box for listing books she reads.



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

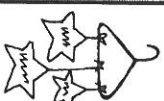
### PATIENCE

If your youngster asks for a new toy, help him open a “savings account.” Let him put allowance or cash he earns from doing odd jobs into a jar. When he has enough to make his purchase, he’ll see how his patience paid off.



### APPRECIATION

Help your child make up “appreciation statements” for people she knows. (“My dad gives the best hugs!”) Let her write each one on a paper star. She could use yarn to tie the stars to a hanger for a mobile of the “stars” in her life.



### HUMOR

Your youngster can find amusement in everyday situations—even when things are difficult. *Example:* He’s frustrated because the computer froze. Say something silly like “Now you have time to jump rope while you wait for it to melt.”



### STORYTELLING

Can your child turn an event from his life into a tall tale? First, read a few tall tales with him. Visit the library or go online to find ones about Pecos Bill or Paul Bunyan. Then, let your youngster make up his own. Maybe he’ll tell how he flew a kite to the moon!

