

Recipes for Success

Practical Activities to Help Your Child Succeed

APRIL 2020

READING Sound-effect stories

Boom! Whoosh! Crinkle! Give your child's reading comprehension a boost by having him create sound effects to go along with stories.

Ingredients: storybook, household objects

Read a book together, and ask your youngster to think about sound effects that would make the story come alive. He'll pay close attention to plot events as he decides. Now read it a second time while he uses items from around the house to make the sounds. He might bang on a cookie sheet for thunder, stomp his feet when a character is running, or rustle a plastic bag for the crackle of flames.

For even more fun, record your child reading a story and adding the sound effects—then play it back so he hears the full impact.



FITNESS Run, throw, remember

Encourage your youngster to exercise her body and her memory with this game.

Ingredient: ball

Stand in a circle, and choose a topic (sports, animals). Holding the ball, the first player runs around the outside of the circle, names something from the category that begins with A (archery), and returns to her spot. Then, she throws the ball to the second player. That person runs and repeats the previous word, adding something starting with B (archery, badminton).

Take turns running, reciting the list, adding a word, and throwing the ball. If you forget an item or can't think of a new one, the previous player wins. Pick a new category, and play again.



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."

WORD PROBLEMS A chart of clues

This chart will help your child decide which operation to use when he solves word problems in math.

Ingredients: paper, pencil

Have your youngster divide his paper into four columns labeled "+" (addition), "-" (subtraction), "x" (multiplication), and "÷" (division). In each column, he should list clues in a word problem that would tell him to use that operation. He can look through old word problems for ideas.

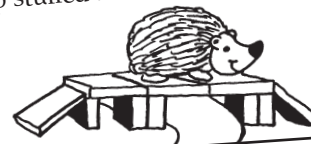
For "+," your child might find "How many altogether?" and "What is the total?" The "-" section may include "How many were left?" and "How many more?" What could he write for "x" or "÷"?

Now he can keep his chart handy when he does math homework!



ENGINEERING

Let your youngster pretend she's a civil engineer designing a wildlife crossing. She might draw a road and add fences, tunnels, or even vegetation to attract animals. She can create her design out of blocks and craft supplies—and help stuffed animals cross the "road."



OBSERVATION

Gaze at the daytime sky with your child, and see how many different things you observe in 10 minutes. Maybe you'll spot shapes in the clouds, or airplanes, the moon, and birds.

Idea: Suggest that your youngster make a sky "snapshot" on light blue paper by sketching everything he observed.



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Character Corner

WRITING My Journal

Keeping a journal will make your youngster more comfortable with personal writing.

Ingredients: notebook, pens or pencils, craft supplies (stickers, glue, glitter)

On the first page, your child can list topics that might inspire journal entries: "What I learned today," "Something funny that happened," "Plans for the future."

Each day or week, she could write an entry based on one of her topics—or on something new she thinks of that day. She can illustrate her item or glue in photos that go along with it. Point out that if she writes regularly, she'll have a memoir of her year!

Idea: Suggest that she write her name on the cover of her journal and decorate it.



STUDY SKILLS

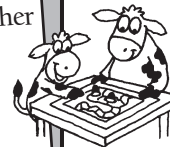
Encourage your youngster to practice note taking with a favorite fairy tale. If you read "The Three Billy Goats Gruff," his notes might include, "3 goats live on hillside. Troll lives under bridge." He'll learn to write concisely and decide what's important when he takes notes in class or while he studies.



NATURE

Help your child make a "nature bracelet" by placing a strip of wide tape, sticky side out, loosely around her wrist. Then, go for a walk, and let her collect items from the ground to stick to her bracelet. *Examples:* flower petals, tiny seashells, leaves.

At home, she can cut off the bracelet and display it.



GOAL SETTING

Let your child draw a pizza and divide it into slices for "Family," "School," "Sports," and "Hobbies." Then, he can draw "toppings" and write goals on them. ("Sports" might say "Tread water for 1 minute.") When he reaches a goal, he gets to color the topping.



FORGIVENESS

Show your youngster that forgiveness feels good. Have her tightly squeeze a ball, then release it. Explain that holding a grudge takes energy, as does squeezing the ball. When she forgives someone, she won't waste energy feeling angry.



SELF-CONFIDENCE

Turn the tables and give your child a chance to teach you new things. Ask, "Would you explain how to play that game?" or "Can you demonstrate the steps in long division?" You'll boost his confidence by letting him be in charge.

Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

SYMBOLS

Suggest that your child create symbols on sticky notes to label household objects. He could draw a pair of pajamas to hang on his dresser, an action figure for his toy box, and a pretzel for the snack bin in the pantry. This will show him that a symbol can stand for something.



FRACTIONS

Combine fractions and measurements with this idea. Have your youngster use a ruler to draw 12 lines on a sheet of paper—1 inch, 2 inches, 3 inches, and so on up to 12 inches. Can she figure out what fraction of a foot each line is? *Examples:* 1 inch = $\frac{1}{12}$ of a foot, 3 inches = $\frac{3}{12}$, or $\frac{1}{4}$.

