

# Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER

## Refrigerator Poster

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

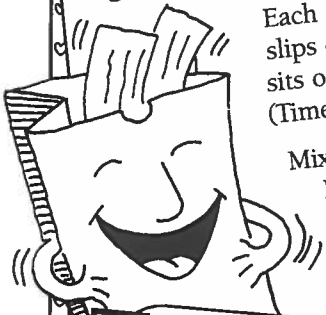
### READING Mixed-up fun

Take a book of riddles, throw in this fun game, and you'll all wind up laughing while your child learns to read for details!

**Ingredients:** book of riddles, paper, pencils, two paper bags

Each of you choose five riddles and write them on separate slips of paper. *Example:* What time is it when an elephant sits on the fence? Then, write each answer on a different slip (Time to get a new fence!).

Mix up your slips, and put them in a bag for your youngster. Have him mix up his slips and place them in a bag for you. On the count of three, spill out the pieces of paper, and race to be the first one to match up the riddles with the correct answers.



### GEOGRAPHY Where am I?

Map out some fun with this hide-and-seek geography game.

**Ingredients:** pencil, index card, map of the United States

Help your youngster make a compass by drawing a plus sign on the index card and labeling the four points "North," "South," "East," and "West." Lay the card beside the map with "North" at the top.

Tell your child to "hide" in a state. Then, tell her which state you're in, and have her give you compass directions to help you find her. *Example:* You might say, "I'm in Ohio. Where are you?" If she is in Kansas, she would answer, "I'm west of Ohio." Continue asking her questions to narrow the search, such as "Are you south or north of Iowa?"



*Variation:* Younger players can use the words "left," "right," "above," and "below" as clues.



### SPELLING Refrigerator hangman

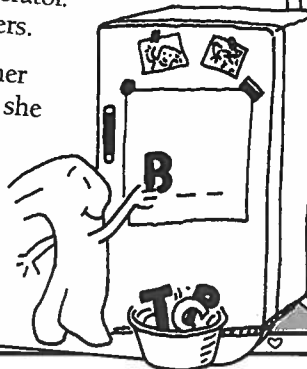
Get in some spelling practice with this letter game that spells f-u-n for your kids.

**Ingredients:** spelling list, paper, pencil, 10 buttons, jar, magnetic letters

Secretly choose a word from your child's spelling list. On paper, draw a line for each letter, and hang the paper on your refrigerator. Give your youngster the buttons, jar, and magnetic letters.

Ask your child to guess a letter. If it's in the word, tell her where to put the magnetic letter. If it's not in the word, she has to put a button in the jar and guess again. (Let her write her incorrect guesses on paper to keep track.) She must keep guessing until she uses all the buttons or guesses the word. Trade roles and play again.

*Note:* If a word has two of the same letter and you have only one magnetic letter, just write in the extra letter.



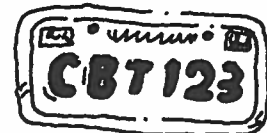
### MATH

Your child can use food labels to practice math. *Examples:* If a package makes seven 1/2-cup servings, how many total cups will it make? ( $7 \times \frac{1}{2} = 3\frac{1}{2}$ ) If one serving has 25 percent of the calcium you need each day, how many servings would you need for 100 percent? ( $100 \div 25 = 4$ )



### PHONICS

Next time you're in the car with your children, point out the letters on license plates. Who can be the first person to think of rhyming words that start with each letter? *Example:* For the letters CBT, you might say, "care, bear, there."



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## MATH Bowling for numbers

Knock the pins down and add the numbers up in this active math game.

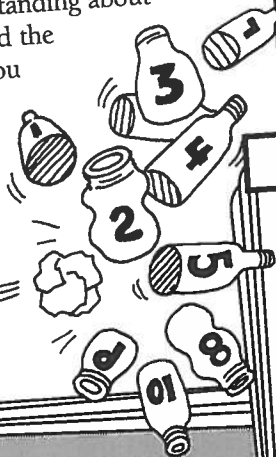
**Ingredients:** a page from the newspaper, 10 plastic water bottles, permanent marker, pencil, paper

Have your child wad the newspaper into a ball. Number the bottles 1–10 with a marker.

Arrange the bottles like bowling pins. Take turns standing about 10 feet away and rolling the newspaper ball toward the pins. Score the number of points on the bottles you knock down. *Example:* Knocking down bottles with 3, 6, and 1 scores 10 points (6 + 3 + 1). Stand the bottles back up for the next person.

High score after 10 turns wins.

*Variation:* Older players can multiply their points instead of adding them.



## IMAGINATION

With the help of your librarian, find folklore stories about Pecos Bill, Annie Oakley, or Paul Bunyan. Read a few with your youngster. Then, help him use his imagination to turn an event from his own life into a tall tale. Maybe he'll tell how he flew a kite to the moon!



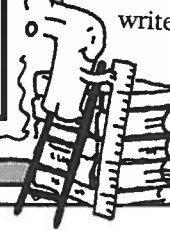
## WRITING

Give your youngster a small notebook to use as a "story catcher." Whenever she thinks of an idea for a story she'd like to write, encourage her to jot it down. She'll have plenty of story-starters for her next writing assignment—or just to write for fun!



## ESTIMATION

With your child, brainstorm things you could estimate (the height of four stacked checkers, the number of books on the bottom bookshelf). Each of you write down three challenges for the other. Trade papers, and make your estimates. Then, find out the answers together by measuring or counting.



## Character Corner

### CARING

Have your child collect clippings of pictures from old magazines and newspapers. When someone he knows needs to be cheered up, he can paste a few pictures onto colored paper to make a card or poster. Have him add a thoughtful message and deliver or mail it himself.



### SPORTSMANSHIP

Encourage sportsmanship by brainstorming a list of ways to be a good sport. *Examples:*

Be a team player, congratulate other players when they score, don't quit if your team is losing.



Then, play a favorite game, and practice following the rules you listed.

### RESPONSIBILITY

Hang a notepad on your youngster's door. She can use it to list things she needs to take to school (homework, school supplies, lunch money). Remind her to check the list every day before she heads to school.



## SCIENCE

Fill a jar halfway with heavy cream and seal it tightly. Take turns shaking the jar for a total of 15 minutes, and watch what happens. Explain that shaking the cream makes the fat molecules clump together. The lump in the jar is fresh butter. (Drain the liquid before using.)



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)