

# Recipes for Success

Practical Activities to Help Your Child Succeed

MARCH 2016

Westdale/Roy/Scott  
Mannheim School District 83

## READING

### My reading list

Motivate your youngster to read a variety of books with this never-ending "bucket list."

**Ingredients:** pencil, paper, large sand bucket, tape, library books

Together, brainstorm types of books for your child to try. He can write the ideas on a long sheet of paper and tape it around the outside of the bucket. **Examples:** A nonfiction book about a rain forest animal, a biography of a scientist, stories set in each of the seven continents. Just making his list will encourage him to think about all there is to read in the world!

Then, head to the library, and help him find a few books that meet his criteria. He can keep them in his bucket at home. As he reads and checks off each one, have him add another idea for a book.

## PATTERNS

Coins are a handy tool for working with patterns. Make an "AB" pattern (penny, nickel, penny, nickel), and have your child continue it. Next, let him make a pattern for you to follow. For bigger challenges, use three or four coins, and make more complicated patterns.



## VOCABULARY

Roll two dice, and add the numbers together. Players think of a word with that many letters. So if you roll 10, your youngster might call out "Bedazzling!" The first person to say a word that matches the number earns one point per letter— (Use a dictionary to check.) Play to 100 points.

bedazzling

## PLACE VALUE

### The biggest number

Use strategy (and a little luck) to form the largest number.

**Ingredients:** index cards, pencil, playing cards (10s removed, face cards = 0, aces = 1)

Stack the playing cards facedown. Each player lines up four index cards and labels them, left to right: "thousands," "hundreds," "tens," and "ones." Take turns drawing a card from the deck and placing it facedup on one of your index cards. The goal is to create the largest number possible. If a player turns over a 3, she might place it in the ones spot, saving the hundreds and thousands for higher cards.

After each player has drawn four cards, say your numbers aloud. The highest one wins. Put the cards back, shuffle, and play again.

## GEOGRAPHY

### Sculpt landforms

What landforms and bodies of water are in your area? Take a drive or ride a bus with your youngster to find out, and then let her make a model.

**Ingredients:** play dough, household items, shoebox lid

While you're out, encourage your child to look for features like hills, rivers, and bays. Back at home, she can use play dough and items she finds around the house to make a landscape in a shoebox lid. She might press a layer of green play dough into the bottom and add blue yarn for a river and aluminum foil for a lake.

Have your youngster give you a "tour" of her model, connecting it to what you saw on your ride. ("When we went over the mountain, we saw the lake in the valley.")



## 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

### ☐ FLEXIBILITY

When something unexpected happens, brainstorm ways to adjust. Maybe you planned a picnic, but it's chilly out. You could spread out a blanket and eat on the living room floor, or you might bundle up and have a "brrrr picnic" outdoors.



### ☐ EFFORT

Have your youngster describe something she did recently that took a lot of effort (memorized a poem for a presentation, put together a big Lego set). Suggest that she draw herself accomplishing the task to use as inspiration for the future.



### ☐ FAMILY UNITY

Together, plan an outing that includes something for everyone. Say you like hiking, your younger child loves dolls, and your older one enjoys photography. Go on a scenic hike, let your little one carry a doll in a backpack "baby carrier," and stop for photo opportunities!

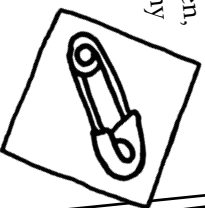
### ASTRONOMY

Step outside together, and gaze at the night sky. Ask your child to draw what he sees. Using chalk on black construction paper, he might make a crescent moon or a constellation. Stand in the same place at the same time each night, and have him sketch more pictures. How do the scenes change?



### GEOMETRY

How big is a square inch? Your child can find out by drawing a square in which each of the four sides is one inch. Then, have him find as many things as possible that could fit inside the square inch. Examples: safety pin, stamp, ring.



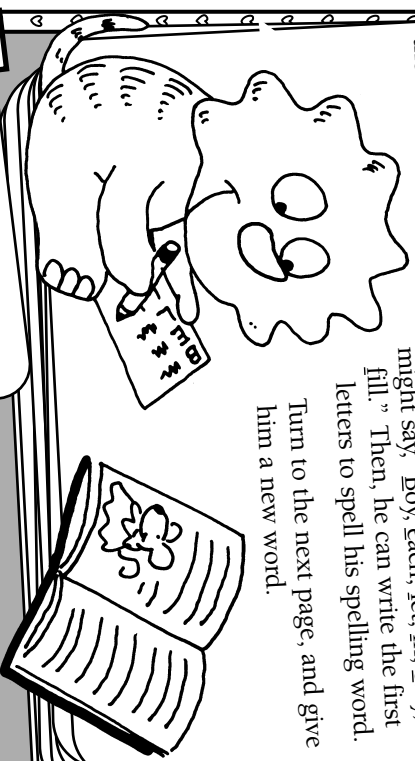
### SPELLING Letter sleuth

Finding words in a favorite book can help your youngster learn his spelling words.

**Ingredients:** spelling list, book, paper, pencil

Give your child a spelling word. Have him open a book to the first page and write down a word that begins with each letter of the spelling word. (If he can't find a word for a letter, he could check the next page.) Then, he reads the words aloud in the order the letters appear in his spelling word. For belief, he might say, "Boy, each, let, in, easy, fill." Then, he can write the first letters to spell his spelling word.

Turn to the next page, and give him a new word.



### LOGIC

Let your child make a 10 x 10 grid of boxes on a sheet of paper. Take turns writing your initials in a box.

Each player tries to claim five boxes in a row (horizontally, vertically, or diagonally) before the other person's initials block her.



## Congratulations!

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

Signed (parent or adult family member)

Signed (child)

### FITNESS

Experts recommend at least 60 minutes of daily physical activity. Have your youngster create a chart to log her exercise bike and write the minutes for each. Can she complete an hour or more of exercise each day?

