

Recipes for Success

Practical Activities to Help Your Child Succeed

FEBRUARY 2017

From Your School Counselors
Calvert County Public Schools

ADDITION Musical math

Your child can practice addition by playing musical “notes” on pots and pans.

Ingredients: pencil, sticky notes, pots and pans, paper

Let your youngster assign each pot and pan a number value. She could write the number on a sticky note and stick it on the pot or pan. Maybe a small pot is worth 2, a medium pan 4, and a big pot 8. Then, set a numerical target for her, say 10 or 16.



To reach the target, she creates a song using “notes” that add up to it. For example, hitting a 2 and an 8 will give her a tune worth 10 points ($2 + 8 = 10$). Or she could tap the 8 once and the 4 twice to get 16 ($8 + 4 + 4 = 16$). She can add in her head or on paper to keep track. When she’s ready, have your child play the song—and tell you the equation she created.

READING Roll and read

With a roll of the die, your youngster will boost his reading skills.

Ingredients: book, paper, pencil, die

Together, write four questions that can be answered after reading a story. *Examples:* “What’s the main idea?” “What is the problem that needs to be solved?” Then, jot down two silly activities (“Wiggle your nose,” “Dance the Twist”). Have your child number the questions and activities, 1–6.

Now, read a book aloud. Take turns rolling the die. Answer the question or do the activity that matches the number, and cross it out. Roll again if you duplicate a number. After doing all six, play again with another book.



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.”

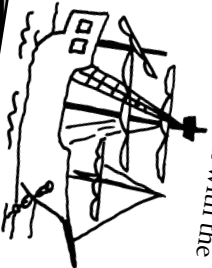
SEQUENCING

Tell your child about your day, but mix up the events so they’re out of order. You might say, “I had lunch. I drove to work at 8 a.m. in terrible traffic. Then I clocked in at work.” Can he figure out the real sequence? He’ll see that putting things in the right order matters.



HISTORY

Ask your youngster to write a pretend postcard about an important event from the past. Maybe she’ll write, “I’m in Boston. Protesters against Britain’s Tea Act have dumped tea off the ships into the harbor!” Let her “stamp” her postcard with the actual date the event happened (December 16, 1773).



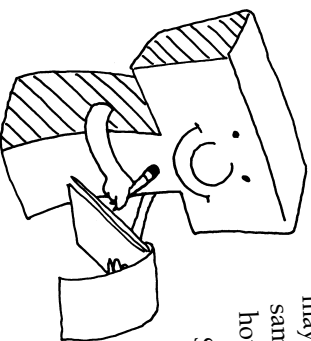
WRITING Missing letters

Encourage your child to write a lipogram—a piece of writing that leaves out one letter of the alphabet. She’ll learn to think carefully about word choice.

Ingredients: paper, pencil, thesaurus

Perhaps she’ll create a lipogram without the letter *t*. So if she wants to use words with similar meanings, like *icy* or *glacial*. Or *frosty*, she’ll have to find words to find words with similar meanings, like *icy* or *glacial*. Or maybe she’ll reword a sentence so that it says the same thing in a different way (“We made a snow house” instead of “We built a snow hut”).

Suggest that your youngster start by writing a sentence or a paragraph. Once she has the hang of it, let her try writing a poem, letter, or short story that’s a lipogram! *Note:* Encourage her to use a thesaurus to look up synonyms if she’s stuck.



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Character Corner

□ HELPFULNESS

Create a helpfulness award to pass around. Your youngster can label a paper heart "Heart-y Helper." When someone lends a hand, your child gives that person the award. Then, the award-holder presents the heart to someone else for helping.



□ GOAL SETTING

A "goal guide" will remind your youngster of what she wants to achieve. Have her cut out magazine pictures and tape them on paper. If her goal is to read a chapter book, she could find a photo of a book. If she hopes to be more active, she might look for a picture of a bike.



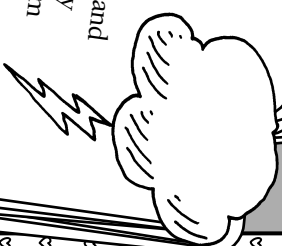
□ EMPATHY

Recognizing people's feelings can help your child show empathy. Play a game by making faces and having the other person name the emotion. *Example:* Raise your eyebrows and gasp to act surprised. Try other emotions like happiness, anger, or fear.



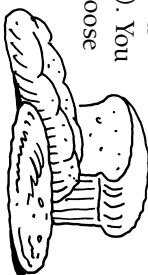
SCIENCE

When it thunders, help your youngster figure out how far away the storm is. Have him count the seconds between seeing the lightning and hearing the thunder. For every five seconds counted, the storm is one mile away. *Tip:* Recite "one-Mississippi, two-Mississippi" to count seconds.



CULTURES

People all over the world eat many kinds of bread. When you grocery shop together, ask your youngster to look for different varieties. How many can he find? *Examples:* roti (India), focaccia (Italy), and lavash (Armenia). You might let him choose one to try at home.



FRACTIONS

Have your child stand on an unfolded newspaper. Let her fold it in half, say the fraction ($\frac{1}{2}$), and stand on it again. She should continue folding it, trying to place her feet on the smaller and smaller paper. Each time, ask what fraction remains. She'll quickly realize that $\frac{1}{8}$ is smaller than $\frac{1}{4}$!



TIME

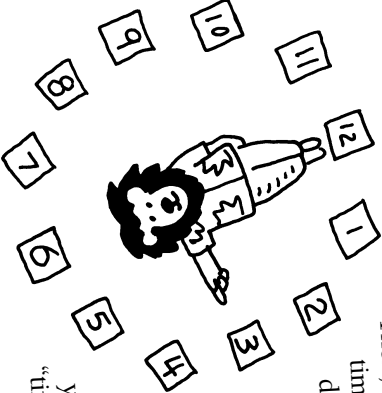
Life-size clock

Making a giant human timepiece is a fun way to work on telling time.

Ingredients: paper, pencil or crayon, floor space

Have your child number separate sheets of paper 1-12. Either outside or in a large space on the floor, he could place them in a large circle as they would appear on a clock.

Then, take turns calling out a time. The other person lies down and shows the time using both legs together as the minute hand and one arm as the hour hand. If you say "3:00," he would point his toes to the 12 and his right arm to the 3. Snap a photo so your youngster can see what the "time" looks like!



GRAMMAR

Try this idea to play with adjectives. Place a mystery item in a paper bag. Let your child close her eyes, reach in, and touch it.

Ask her to describe the object using three adjectives ("rubbery, squishy, small"). Can she guess the object? (A rubber duck.)



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)