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AUTHOR Rich, Dorothy
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ABSTRACT

These brochures provide simple, specific activities
 parents can use during the summer to enhance their children's
 academic and social skills. The brochure for grades K-3 provides
 activities in the areas of reading, writing, math, and science. The
 brochure for grades 4-5 provides activities in the areas of reading,
 writing, math, and social studies; the one for grades 6-8 covers
 these areas and includes a health activity. The brochure for grades
 9-12 focuses on problem solving and getting control of our emotions
 as a basis for acquiring common sense. (HTH)

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SUMMER HOME LEARNING RECIPES

for Parents
and Children
Grades K-3

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Reading Activities

Sorting and Stacking—Teach classification skills with dinnerware. Ask your child to match and stack dishes of similar sizes and shapes. Also have your child sort flatware—forks with forks, spoons with spoons. This is like recognizing the shapes of letters and numbers.

Telephonitis—Give your child practice in reading numbers left to right by dialing a telephone. Make a list of telephone numbers your child can read—for relatives, friends, the weather bureau—and have your child make a call or two.

Let 'Em Eat Shapes—Cut bread into different shapes—rectangles, triangles, squares, circles. Make at least two of each shape. Ask your youngster to choose a pair of similar shapes, then to put jam on the first piece, and to place the second piece on top to make a sandwich. This is a snack plus a game to match shapes.

Dress Me—Increase your child's vocabulary. Teach the name of each item of clothing your child wears—shirt, blouse, sweater, sock, shoe—when your child is dressing or undressing. Also teach the body parts—head, arm, knee, foot. Then print the words on paper and ask your child to attach these papers to the clothes in the closet or drawers. Make a pattern of your child lying on a large sheet of paper. Tack it up. Ask your child to attach the words for the body parts to the right locations.

Hidden Letters—Build reading observation skills with this activity. Ask your child to look for letters of the alphabet on boxes and



cans of food and household supplies. For example, find five A's or three C's, or any number of letters or combinations on cereal boxes, soup cans, bars of soap. Start with easy-to-find letters and build up to harder-to-find ones. Then have your children write the letters on paper or point out the letters on the boxes and cans.

Writing Activities

Disappearing Letters—Promote creativity and build muscle control with a pail of water and a brush. On a warm day, take your children outside to the driveway or sidewalk and encourage them to write anything they wish. Talk about what they've written.

Comic Strip Writing—Use comic strips to help with writing. Cut apart the segments of a comic strip and ask your child to arrange them in order. Then ask your child to fill in the words of the characters (orally or in writing).

And That's the End of the Story—Improve listening skills and imagination. Read a story aloud to your child and stop before the end. Ask the child how the story will turn out. Then finish the story and discuss the ending with the child. Did it turn out the way you thought?

Math Activities

Laundry Math—Sharpen skills by doing a necessary household job. Ask your youngster to sort laundry—before or after washing. How many socks? How many sheets? And you may find a lost sock as well.

Napkin Fractions—Make fractions fun. Fold paper towels or napkins into large and small fractions. Start with halves and move to eighths and sixteenths. Use magic markers to label the fractions.

Weigh Me—Teach estimating skills. Ask your children to guess the weight of several household objects—a wastebasket, a coat, a full glass of water. Then show children how to use a scale to weigh the objects. Next, have them estimate their own weight, as well as that of other family members, and use the scale to check their guesses. Some brave parents get on the scale, too.

Science Activities

Ice Is Nice—Improve observation and questioning skills by freezing and melting ice. Add water to an ice cube tray and set it in the freezer. Ask your child how long it will take to freeze. For variety, use different levels of water in different sections of the tray. Set ice cubes on a table. Ask your child how long they will take to melt. Why do they melt? Place the ice cubes in different areas of the room. Do they melt faster in some places than in others? Why?

Float and Sink—Encourage hypothesizing (guessing). Use several objects—soap, a dry sock, a bottle of shampoo, a wet sponge, an empty bottle. Ask your child which objects will float when dropped into water in a sink or bathtub. Then drop the objects in the water, one by one, to see what happens.

What Does It Take to Grow?—Teach cause-and-effect relationships. Use two similar, healthy plants. Ask your child to water one plant and ignore the other for a week or two, keeping both plants in the same place.

“Parents and families are the first and most important teachers. If families teach a love of learning, it can make all the difference in the world to our children.”

Richard W. Riley
U.S. Secretary of Education

Educational research has made it clear that parents who are actively involved in their children’s learning at home help their children become more successful learners in and out of school.

Here are some reading, writing, math, and science Home Learning Recipe activities. These have been developed by the Home and School Institute. Parents of young children in prekindergarten through third grade find them to be easy and enjoyable ways to work with the school—using materials they have at home to build their children’s skills.



At the end of that time, ask your child to water the drooping plant. Then talk about what happened and why. Plants usually perk up with water just as children perk up with good words and smiles from parents.

Children are eager learners: they are interested in everything around them. These easy-to-do activities encourage children's active learning and those wonderful words of growing confidence, "I can do it."

Think of these as starter activities to get your ideas going. There are opportunities everywhere for teaching and learning.

Take a little time to do a lot of good!

For more information on other publications to help your children learn call:

1-800-USA-LEARN
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**SUMMER
HOME LEARNING
RECIPES**

**for Parents
and Children
Grades 4-5**



Reading Activities

A Lifetime of Reading—Encourage lifelong reading. Read with your youngsters by taking roles in stories and acting out dramatic poems. Whenever possible, tape record these sessions. Then listen to and enjoy these performances together.

Street Smarts—Put reading skills to practical use. Gather bus and subway route maps and schedules to a special place in your area—the zoo, a museum, a football stadium. Let your child plan a trip for friends or family. Figure out the travel time required, the cost, and the best time to make the trip.

TV and the World—Connect current events to TV viewing. Post a world map next to the TV set. Watch the TV news with your children and have them locate world news spots. Keep reference books such as dictionaries and the world almanac close by. In this way, children find answers to questions when their curiosity is high.

Writing Activities

Picture Stories—Develop imagination and creativity. Have your children select four or five pictures from magazines and newspapers, and put them together to tell a story. Ask your children to number the pictures—1,2,3, etc. First, ask them to tell the story with the pictures in numerical order. For variety, have your children rearrange the pictures and tell a new story using this different arrangement.



Writing Instead of Talking—Exchange notes instead of words at different times during the day—when getting up in the morning, at dinner, or at bedtime—or whenever the noise level becomes too high.

Day-by Day Calendar—Turn a large calendar—commercial or home made—into a personalized family communication center. Have your children fill in the blanks with morning messages, weather reports, birthdays, special activities, or notes to the family.

Math Activities

A Trip to the Supermarket—Plan ahead with the 3 R's. Ask your child to choose a dish to prepare for a meal—a pudding, a salad, a sandwich. Have your child check to see what supplies are on hand and then make a shopping list. At the supermarket, let your child select the food on the list. First, your child decides which items are the best buys and makes selections. Also have your child write the price of each item on the list and if possible figure the total, checking the prices against the sales receipt.

On the Move—Sharpen math skills on trips. Use even short trips around town. For example, at the gas station, ask your child how much gas you needed and the cost per gallon. On the highway, ask your children to read the signs and check the different speed limits. Then ask them to watch the speedometer readings and notice how fast or slow the car is going. Have your children estimate distances between cities and check the estimates on a road map.

Newspaper Math—Use the Weather section to check temperatures across the nation and the world. This is good geography practice, too. Discuss baseball and football scores and averages on the sports pages. Who are the high scores? What are the percentages?

Social Studies Activities

A Closer Look—Help your children become aware of family responsibilities. Make a chart of family chores, including the name of the person responsible, the days and time required, etc. Discuss ways to change or improve these job assignments.

History Time Line—Record history at home. Stretch a roll of shelf paper along the floor. Use a ruler to make a line about three feet long. (Use a separate sheet for each child.) Ask your children to fill in the important dates in their own lives, starting with their birth. Those familiar with U.S. history can fill in major dates since the founding of our country. Display these finished time lines in a special place for all to see.

The Foreign Touch—Travel abroad at home. Visit ethnic shops, food stores, and restaurants in your community. Before the trip, have your children find on a map different countries you will "visit." After the trip, encourage your children to talk about what they have seen.

These activities may sound too easy to do any good. Make no mistake. They work.



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Educational research has made it clear that parents who are actively involved in their children’s learning at home help their children become more successful learners in and out of school.

Here are some reading, writing, math, and social studies Home Learning Recipe activities. These have been developed by the Home and School Institute. Parents of fourth and fifth graders find them to be easy and enjoyable ways to work with the school—using materials they have at home to build their children’s skills. Many of the activities focus on talk—sharing ideas and feelings, providing information, and responding to the needs of youngsters to grow as separate and responsible individuals.



They build children's interest in learning
and this translates into achievement both
in school and beyond.

Think of these as starter activities to get
your ideas going. There are opportunities
everywhere for teaching and learning.

Take a little time to do it right!

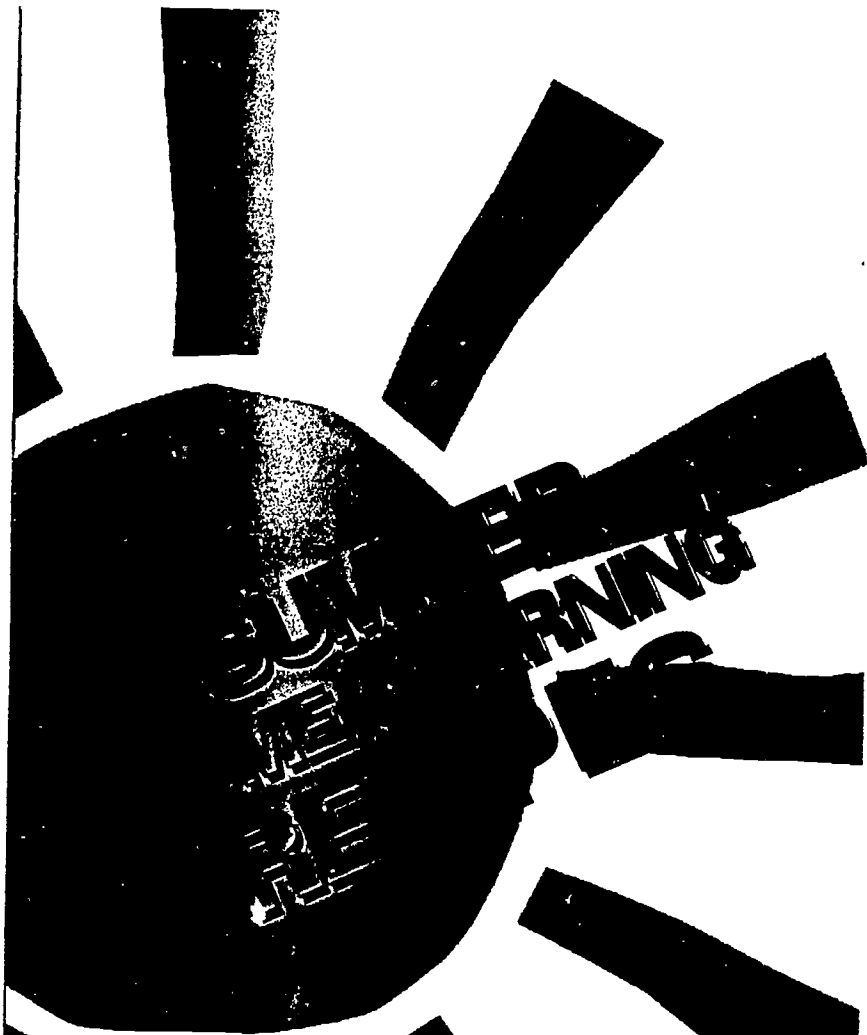
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**for Parents
and Children
Grades 6-8**



Reading Activities

Read All About It—Introduce your child to the many kinds of information in the daily newspaper. Ask your child to find the pages containing news about government leaders, editor's opinions, weather reports, car sales, house and apartment rentals, and want ads. Discuss how to use this information.

Follow the News—As a family, choose an important news event to follow for a day or two. Ask each person to find as much information on the topic as possible—read newspapers, listen to the radio, watch TV news. Then talk about what everyone learned.

Writing Activities

Nice Words—Make someone happy. Write each family member's name on separate sheets of paper. Add a note or a drawing—for example, "I like the way you make breakfast," or "You make me happy when you do the dishes." Fold the paper and put them in a bag. Ask each person to choose a paper from the bag. Place the notes where they can be found by family members. And watch for the smiles!

Looking at Advertisements—Take a closer look. Help your children improve their thinking and writing skills by looking carefully at newspaper, magazine, and TV advertisements. What is the main point of the ad? What details does it use to communicate its message? For example, a strong, handsome man holding a soft drink

in an expensive car with a beautiful woman at his side is telling us something about the soft drink.

Pro and Con: What Do You Think?—Make a family game of discussing a special issue—for example, "Teenagers should be allowed to vote," or "There should never be any homework." Ask your youngsters to think of all the reasons they can to support their views. Then, ask them to think of reasons against their views. Which views are most convincing? For variety, assign family members to teams and have teams prepare their arguments pro and con.

Math Activities

How Much Does It Cost?—Put math skills to work. Help your children understand living costs by discussing household expenses with them. For example, make a list of monthly bills—heat, electricity, telephone, mortgage or rent. Fold the paper to hide the costs and ask your youngsters to guess the cost of each item. Unfold the paper. How do the estimates compare with the actual costs? Were they close?

Math Marks—Are they really necessary? Ask your children to look through the newspaper to find and list as many percentages and decimal numbers as possible—sale prices, sports scores, bank rates. Ask what would happen without those marks.

Living Within Our Means—Teach children who have allowances or regular spending money how to budget. Ask them to make a two-column list of expenses and

income. Under expenses, they list what they expect to spend for movies, bus tokens, lunches, etc. Then, have your youngsters add all the expenses and subtract the total from the income. Ask them to think of ways to reduce their spending. If their income is more than their expenses, talk about a savings plan.

Social Studies Activities

Expanding Horizons—Help your child learn about people from different countries. Suggest talking to neighbors from foreign countries, reading library books about other cultures, reading newspapers, and watching TV specials.

Let Your Voice Be Heard—Promote good citizenship. Help your child write a letter to the editor of the local newspaper about an issue affecting children. For example, suggest that a bike path be built near the school or that a city event be planned for youngsters. Children are citizens and their ideas are worth hearing.

Health Activity

Stretch, Run, Bike—Ask your child to do at least one kind of exercise every day. For example, run or walk briskly for 10 minutes. Walk, when possible, instead of riding, for any distance less than a mile. Have your youngster make a week-long exercise plan. Try to think of a modest reward for sticking to the plan and exercise right along with your child.

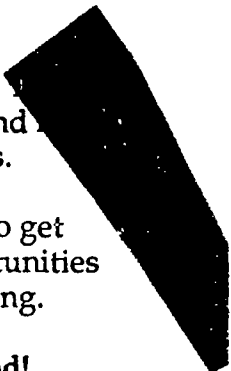
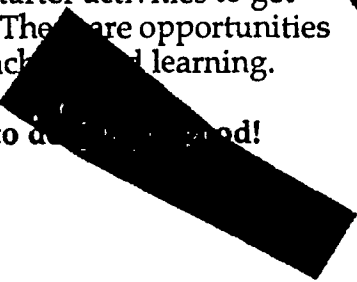
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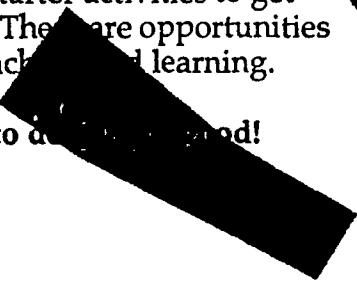
Educational research has made it clear that parents who are actively involved in their children's learning at home help their children become more successful learners in and out of school. During the early adolescent years, adult guidance is especially important.

Here are some reading, writing, math, social studies and health Home Learning Recipe activities. These have been developed by the Home and School Institute. Parents of sixth to eighth graders find them to be easy and enjoyable ways to work with the school—using materials they have at home to build their children's skills. These activities will also help preteens and parents talk together about matters both care about, which improve family communication at this crucial time.



Remember—keep the talk flowing.  stuff high test scores are made of and  the basis for parent/child closeness.

Think of these as starter activities to get your ideas going. There are opportunities everywhere for teaching and learning.

Take a little time to do  good!

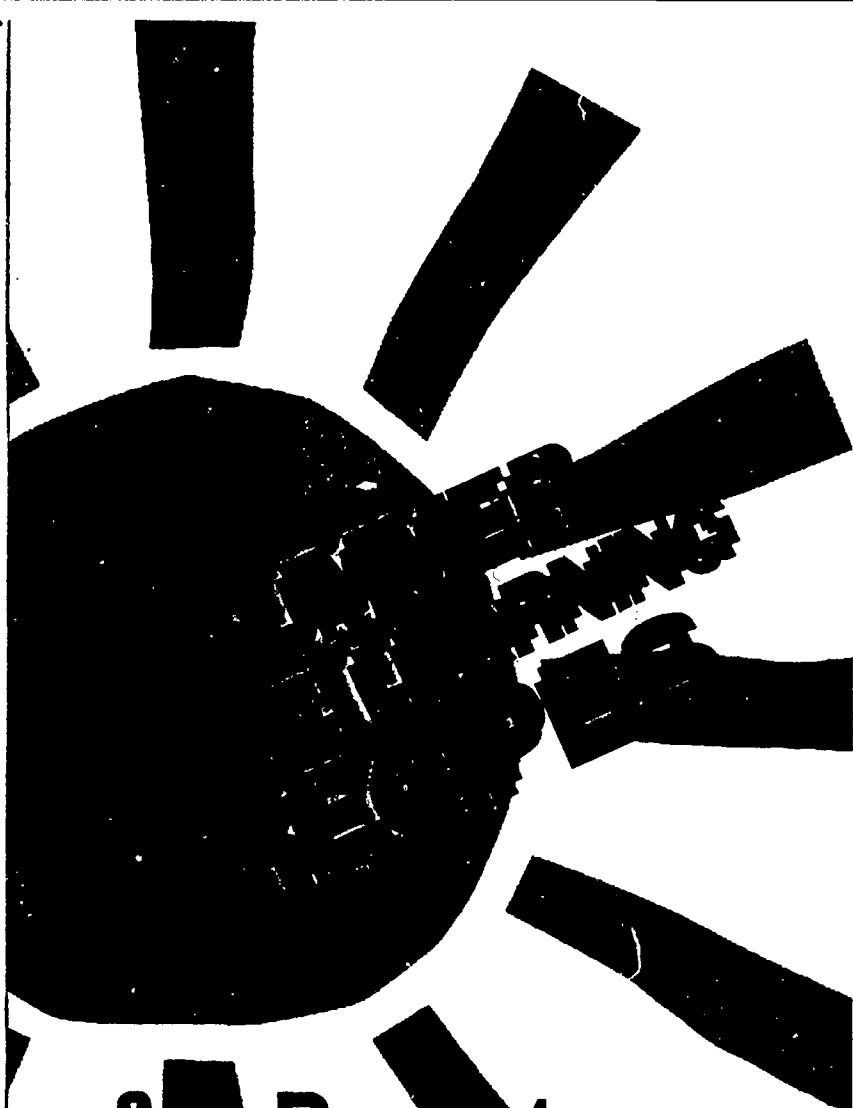
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**for Parents
and Children
Grades 9-12**



to learn how to get along at work and to manage households.

These are problem-solving activities designed by the Home and School Institute. They are designed to help parents build their teenagers' problem-solving skills. To learn these skills, students need practice—practice they can get at home.

The Problem-Solving Habit

Teenagers can get used to sizing up a problem and coming up with common-sense ways to solve it. Here's a six-step method that works and can be done easily at home by parent and child.

STEP 1: WHAT IS THE PROBLEM?

This is a first, often overlooked, step in problem solving. You have to be able to state the problem and, if there's a conflict, the opposing views. For example: For a teen, it might be whether to go to a certain party; for a parent, whether to ask for a raise.

STEP 2: WHAT CAN BE DONE ABOUT IT?

This is when you come up with a variety of solutions. Brainstorm as many solutions as possible without judging which ones are better than others. Just keep the ideas coming.

STEP 3: WHAT ARE THE GOOD AND BAD POINTS OF THESE SOLUTIONS?

This is when you judge the different

solutions. What are the pros and cons of each one? You're making judgments, assessing the possible solutions in light of your experience and the way the world works. And in this process you may well come up with a new and better solution than any you originally thought of.

STEP 4: MAKING THE DECISION

This is the moment you choose a solution to try. Pick one or perhaps two based on the decisions made in Step 3. Talk about why you selected these solutions.

STEP 5: PUTTING THE DECISION INTO ACTION

Now you put your decision to the test. In advance, talk about what will happen and what might be expected. What obstacles can you anticipate? What helps can you expect? How can traps be avoided by building on the helps?

STEP 6: HOW DID IT GO?

This is the followup, the evaluation of your solution. How did it work? What changes must be made in it so that it will work better? What would you try next time? It's possible that a decision that sounded good will not work as well in real life. Overall, there is a greater chance for success when decisions and solutions are selected in this way.

After going through the process with one problem, ask your teenager to try another. Review the six steps so that everyone will be able to keep on using them afterward. The goal is to help teens get into the habit of this kind of problem solving.

The Problem "Bank"

Just in case you don't have enough problems of your own to solve, here are a few you can use to practice the problem-solving method:

- Who gets to use the car?
- Why is it bad to smoke?
- When does the garbage get taken out?
- What happens when I go for a few days with little sleep?
- How much TV are we going to watch?
- How much money do I need this week?
- Can I buy that new pair of jeans?
- Whose turn is it to go grocery shopping?
- Who has to babysit the younger kids?
- When is a good time to visit grandma?
- What happens when I take a test without studying for it?
- Why can't I go to that after-school party?

Feelings Are Important: Getting Control of Our Emotions

Here's a KNOW YOURSELF activity: Think together, for example, about what makes people angry. Everyone gets angry for different reasons. Some people get angry when others take something from them; others get angry when people don't listen.

Ask yourselves: What do we do when we get angry? Some people try to cool off before they speak. Others start fights. Some people scream. Some people don't say anything. What do you do?

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Sometimes it's easy to forget about the important role that families play in children's education—especially as children become teenagers. Parent involvement in student schooling usually declines dramatically as children reach the teen years. Adolescents are baffling—because they are simultaneously grownup and not grownup.

What continues to be clear is that adolescents need adult guidance. Teens need to know that their parents care about them. The activities that follow help parents and teens talk together to solve problems they both care about.

The future is never a “sure thing.” What is sure is that there will always be problems, and students need the ability to tackle them. Teenagers need to learn how to make adult decisions—to decide about careers, to make personal value judgments,



Caring about others is another area where you can often use help with. Talk together about the problems of being a parent, the problems of being a student. Think about a time when you disagreed with each other. Exchange places—the parent is the youngster, the youngster is the parent. Afterward, talk about how you understand each other better.

Common Sense: Not So Common

The basic ingredient in common sense is experience—put into the stories used when the time is right. Common sense is not a sense we are born with. These activities help give teenagers practice in problem-solving experiences that are the basis of common sense.

Think of these as starter activities to get your ideas going. There are opportunities everywhere for teenagers to learn.

Take a little time for a lot of good.

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