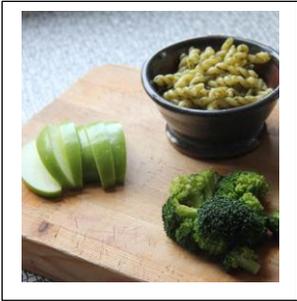


# March 2014



## Ideas for celebrating St. Patrick's Day with your kids:

### 1. Eat Green!

Sure you can add food coloring to create green food for lunch, but how about making a healthy, vitamin-packed, naturally green meal? Pictured here is pesto pasta, broccoli and Granny Smith apples. Other ideas: kale smoothie (yes, kale--sneak it into their fruit smoothies), avocados, green grapes, cucumbers, pistachios, and pickles.

### 2. Good Luck Wands

To make these wands you need: scraps of green fabric or paper, scissors, assorted sticks, white glue. Begin by cutting a bunch of small hearts, about the same size. Each wand requires 8 hearts and one stick. Arrange four hearts to form a shamrock, gluing the areas that overlap. Flip shamrock over (wrong side up), place stick in center and make another shamrock on top, sandwiching the stick in the center. Let dry. What to do with them? Give to friends as good luck charms, stick in plants, or arrange a bouquet in a jar.



### 3. Make Green Art

Gather all the green art supplies you have in the house and make green art. No need for an assignment. Just have at it

### 4. Green Scavenger Hunt

Hand over your smart phone and let your kids get some green! Instruct them to take photos of green things around your home. You can make it more challenging by requiring specific shades like mint, forest, neon or grass. Give your child ten minutes and then review the slideshow together.



### 5. Slime Me

Homemade GAK is easy to make and a blast to play with! You will need: 1/2 cup white glue, water, food coloring, 1/2 teaspoon Borax, bowl, fork, cup. Mix glue and 1/2 cup water in the bowl (if using a 4 oz bottle: empty and then fill bottle with warm water, shake and pour out). Stir in food coloring. Add 1/4 cup warm water to your cup. Stir in Borax until dissolved. Add Borax mixture to bowl. Stir until stringy and then get your hands in there to massage into a slimy mess.





***With all the talk of luck at this time of year, I thought it would be a good time to look at LUCK vs. MOTIVATION! In looking at Motivation, there are several theories. I chose to concentrate on the theory of Attribution. Below is a definition of Attribution, as well as some examples of how attribution theory has been applied to classrooms. After reading these articles, I encourage you to think of ways to build motivation in your children through the use of positive attributions!***

## **Attribution Theory** By Brian Gabriel



- Attribution theory is based on the idea that learners are motivated by the positive feeling of self-efficacy that follows the completion of a challenging task. It emphasizes the importance of the learner's self-perception, which will influence future behavior depending on the success or failure of current efforts. Attribution theory promotes an intrinsic motivation in which students pursue personal learning goals instead of typical performance goals, which are used only to avoid unfavorable judgment in the eyes of others. Personal learning goals create a situation in which failure is not fatal and only causes learners to increase their efforts when they fail to achieve their learning goals.

## **Attribution Theory Classroom Activities** By Carolyn Enright

### Litter Experiment

- In a 1975 study published in the "Journal of Personality and Social Psychology," researchers used attribution theory in a fifth-grade classroom to change student behavior. First, the researchers handed out candies wrapped in plastic to the class just before recess. After the students left, they counted the number of wrappers on the floor and in the trash can. For the next two weeks, the teacher, the principal and others praised the students for being neat. The researchers visited the classroom a second time and passed out wrapped candies. This time, they discovered a lot more wrappers in the trash than on the floor. They concluded they had achieved this desired result simply by changing the students' expectations of themselves. The students believed they were neat, so they became neater.

### Math Achievement Experiment

- In a separate study published in the same issue of the "Journal of Personality and Social Psychology," the same researchers tested attribution theory using before-and-after measurements of math achievement and self-esteem. They developed scripts for the teachers to use with each student. The scripts provided attribution training, persuasion training or reinforcement training. The attribution script told students they were working hard at math and to keep trying. The persuasion training essentially told the students that they "should" be good at math. The reinforcement training used phrases such as "I'm proud of your work" and "excellent progress." At the end of the study, all students showed improved self-esteem, but only the students who had received attribution training improved their math scores. The explanation, the researchers concluded, is that students who received attribution training attributed their math performance to their own hard work. This motivated them to work harder, and their results improved.

**HAPPY ST. PATRICK'S DAY**