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Learn to spell spelling games

Forget flash cards! Coping with vocabulary homework is much more fun with this bouncing outdoor activity. Children in elementary grades almost always have spelling lists to remember and energy to burn. That's why this game is such a brilliant idea. The next time your child comes home with a list to learn, head to the driveway or sidewalk and get a jump on it. The caller (who may be a parent, classmate, or older sibling) has the spelling list and sidewalk steps. The sweater stands on a paved surface with a jumprope. The caller reads aloud a word from the list. The sweater spells it high, jumps rope once for each letter. (It's okay to stop between hops to remember the next letter.) If the jumper spells and jumps correctly, she writes the word on the ground with chalk. The caller moves on to another word in the list. If the jumper misspelling the word or misses a jump, the caller writes the correct spelling on the sidewalk. The sweater reads the letters aloud while jumping ropes. She then spells it again with her back turned to the written word. The game ends when all the words are written on the sidewalk and spelled aloud correctly. To play with two or more jumpers: When a jumper spells the word correctly, her turn ends and it's the next player's turn. Originally published in the May 2013 issue of FamilyFun. Marc Romanelli/Getty Images Are kids tired of the same old repetitive memorization practice of learning the week's spelling words? Whether your kids are learning to spell a car or cartridge, spelling makes spelling fun and easier for them. Try some of these fun, simple tips and tricks to help your kids learn spelling. Alphabet ball is a great game for kids when you introduce them to phonics, but it's also a great tool to use with spelling lists. All you need is an inflatable ball and a marker. Write the alphabet all over the ball, write each letter randomly and not all in order. Now face your kids and bounce the ball to them. When you bounce the ball, you can call out one of the spelling words. Not only do they catch the ball, they then search for the letter of the alphabet ball and call it out while showing off the letter. If they get the letter right, they bounce the ball back to you, and you say the next letter of the word after you find the letter on the ball and switch until the word is complete. A twist on memorization is to pat the vowel as the children verbally spell each word. For example, if the word is quarrel, the children would clap when they said u, a and e. The rhythm gets in your head while making spells a fun learning activity. When they start getting their hands on the week's spelling list, challenge them by having them sit and pat their vowels, but get up every time they say a consonant. When they are more advanced, you can break the clapping activity to learn the syllables in their spelling words, clapping once with each new syllable. There are many online resources to make Worksheet. Enter this week's spelling list, and you can create anything from a custom crossword to a word search in a spelling list. Enter spreadsheet generator in your favorite search engine. Common Core Sheets is also a great place to start. Most websites allow you to customize everything from font to layout, or you can save time by going by default. Best of all, creating your own spreadsheets is completely free, and you can create spelling lists, word jumbles, multiple choice spreadsheets and word searches. Try this twist on flashcards. All you need is a black marker and a piece of paper. Write each letter of the week's spelling words. Get your scissors and cut each letter in your own card. Now the fun begins. Pull out the letters for one word and mix them together. The children can then move the letters around until the spelling is correct. If you have a bell, let them ring it when they think the answer is correct. Are they too good in the game? Set a timer for each word to increase the difficulty level. Creating your own board game is a lot of fun for the whole family. One advantage of creating your own board game is that when you do, you have a template for each spelling list that comes home from school. You can create a full-size board game with slides, musical instruments and other activities to keep interest along the way or tone it down with a more realistic version using a foam board like game boards and add your own colored areas for gameplay. Or if you need a quick version to study tonight's spelling list, just use one of the game boards you already have, and make up a quick game by replacing the game's money with spelling words, such as spell castles or shadow to buy property in Monopoly. For gameplay, you can create your own trivia cards around the word, such as Q: This spelling has three vowels in it and is a number. A: E-L-E-V-E-N The more fun you can do learning spellings, the easier they will be for your child... and the easier it will be for you to get them to sit down and get ready for the week's big spelling test. You can buy empty puzzles that let you create everything you want on the pieces. They are also affordable, so kids can create new tasks with each new spelling list. With one empty puzzle, kids can decorate their puzzles the way they want, and then write their spelling words on the pieces. Once the puzzle is complete, kids can cut around each word to create their own unique puzzle game or just use the pre-cut pieces to start studying their spelling words right away. Thanks for the feedback! What are your concerns? Stay up with the latest daily buzz with the BuzzFeed Daily newsletter! This week we have one violent game about constant destruction, a confusing exploration game about spelling your way to discovery and one game that shares the difference, allowing you to shoot your way out of danger or puzzle your way into a non-violent solution to your problems. Let's go! Ascivania is a Style exploration/power-up game with a linguistic twist. The game world consists of letters and punctuation, and as you evolve, you need to collect and transform into new letters to spell out words and unlock new areas. Retriever is all about bringing goods to your customers in every way necessary. What makes the game interesting are the many opportunities to complete levels. You can usually find some kind of stealthy way to alert smaller guards. Or, of course, you can just shoot yourself out. Super His Noob Tube Defender of Earth, in addition to having one of the strangest and hardest titles in Free Friday history, is a quick little game about fighting an endless invasion. Destroying your enemies can charge your health and get you more ammunition to blow up the invaders with. But watch out, in addition to your enemies the weapon can destroy the ground below you, letting you into some deadly lava. Hot. Note: When you buy something after clicking on links in our articles, we can earn a small commission. Read our Partner Link Policy for more information. Disappointment and frustration become common companions for many people with psoriasis, a chronic skin disease that can come back with seemingly no rhyme or reason. The terrible thing about psoriasis is that it's whimsical ... often it does what the hell it wants, when it wants to do it. Although life stress is a known trigger, it sometimes flares for no reason, says dermatologist and clinical psychologist Richard Fried, MD, PhD, of Yardley, PA. Studies have shown that people who live in unpredictable circumstances that cannot be controlled become angry, depressed and anxious. To give patients a sense of hope and control over life, Fried provides specific tools that combine traditional and complementary medications, including deep breathing exercises, self-talk, muscle relaxation, hypnosis, yoga, tai chi and biofeedback training. We find more concrete evidence that using thought/body interventions not only makes people feel better, but makes biology respond better, Fried said. For example, in a study of psoriasis patients undergoing ultraviolet light therapy, those who combined the treatment by listening to an attentive meditation band reduced the amount of ultraviolet radiation necessary to remove psoriasis by 50%. Nevertheless, one drawback of any psoriasis treatment is that what works for one person will not necessarily work for another. For Toni Ann Little, lymph massage helped ease both psoriasis and psoriatic arthritis at several different points in her life. She turned to lymphatic massage not only because it felt good, but also because she found comfort in having the therapist touch her wounds and use lotion. It means everything that someone wants to touch you as if there's nothing wrong with you, says Little. Human touch, as well as acceptance of the condition, is so important that Fried offers his patients a 15-minute audio tape. Using guided images, they are aimed at imagining the hand as sunlight and then touching the psoriasis. Finding what works for you A genetic autoimmune disease, psoriasis causes the body to send defective signals to the skin, which then grows every 3 to 5 days, instead of the normal 30 days. Unable to fold quickly enough, the skin piles up and becomes inflamed and covered in white flakes that can cause a maddening itching. I always itch, and I'm more maured than most, says Leslie Kronish, first diagnosed at the age of 10. She handles the discomfort of the psoriasis in one of two ways. One is total denial, where I try to forget about it. The second is to be so ultra-aware of it that it is very distracting, both the pain and the itch, and I try to brush it off as it falls so that it is not on my shoulders and pants, she says. She also trains deep breathing to contain stress, a technique that helps her find some internal calm. MORE: 7 things your skin is trying to tell you But in the end Kronish feels like she's in a chicken-on-egg situation when it comes to dealing with her psoriasis. I'm not sure if stress and anxiety make it worse, or if the fact that it becomes more severe creates stress and anxiety. It's a dilemma that doctors are also trying to figure out. Dermatologists grow to appreciate the idea that a skin disease like psoriasis is a two-way street: It causes emotional distress, and emotional distress can worsen psoriasis, says Fried, who creates a comprehensive treatment plan to help reduce a patient's levels of stress and distress. Tai chi is a method that some people use for stress relief. This gentle martial arts calms the mind and soothes the body. When the mind is quiet, the body will follow, says Troyce Thome, who teaches yoga and tai chi at Saddleback College, Mission Viejo, CA. Thome, a former master coach of the Arthritis Foundation's Tai Chi for Arthritis Program - about 10 to 30% of people with psoriasis developing psoriatic arthritis- have, since their 20s, occasionally experienced mild psoriasis outbreaks. However, she believes that tai chi, which she has practiced for more than 14 years, can keep the disease at bay. (Interested? See how to get started.) Dietary changes are another way some psoriasis sufferers try to control the disease. A detailed diet called pagano diet focuses on six principles: internal cleansing, proper diet, herbal teas, spinal adjustments, external ointments, and thinking that focuses on curing psoriasis. Deidre Earls, who was a registered nutritionist for 5 years, took matters into her own hands by devising her own diet based on macrobiotic cooking, which she now teaches others with psoriasis. In July 2002, my psoriasis had reached a point on my palms that I had to pick up a glass with two hands. When I was driving my car, I had to use my fingertips because I couldn't get my hands around the steering wheel, she A psoriasis sufferer since she was 13, she was required by the new diet to cut out meat, spicy foods and alcohol. Any inconvenience that Earls has experienced has been worth it, she says: Since I've changed, I haven't taken a single prescription medication for my psoriasis, and my skin has cleared overall over my body by 90%. MORE: DIY Solutions For Itchy Skin This content is created and maintained by a third party and is imported into this page to help users enter their email addresses. 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