

May 2025 | Head Start Snack



Announcements:

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

Get a clear jar (like a Mason jar) and fill it almost all the way with water.

Add a big spoonful of glitter glue or glue and dry glitter to the jar.

Put the lid back on the jar and shake it to make the glitter swirl.

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they swirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

Now put the jar down in front of them.

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you are calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberries Season in Texas: May - July Did you know? One blueberry bush can grow up to 6,000 berries every year			1 Activity: Banana Pudding 1/4 c Vanilla Yogurt 1/2 c Bananas 2 Graham Crackers	2 NO SCHOOL 
5 1/2 Soft Pretzel Rod 1 Wild Watermelon Applesauce	6 Activity: Yogurt Parfait 1/4 c Vanilla Yogurt 1/2 c Chex 1/4 c Diced Strawberries	7 1 String Cheese Stix 1/2 c Pears	8 Activity: Pinwheels 1 Tbsp Cream Cheese 1 Tortilla 1 slc Ham	9 6 oz Milk 1/4 c Gold Fish Crackers
12 4 Wheat Crackers 1/2 oz Sliced Cheese	13 Activity: PB Crackers 1 Tbsp Peanut Butter 2 Graham Crackers	14 1/2 c Carrot Sticks 1/2 oz Sliced Ham	15 Activity: Banana Split 1/2 c Bananas 1/4 c Vanilla Yogurt 1 Tbsp Dark Chocolate Chips	16 6 oz Milk 8 Animal Crackers
19 6 oz Milk 1/2 Soft Pretzel Rod	20 Activity: Cracker Stacker 4 Wheat Crackers 1 slc Ham 1 Tbsp Cream Cheese	21 2 Graham Crackers 1/2 c Tropical Fruit	22 Activity: Ants on a Boat 1 Tbsp Peanut butter 1/2 c Fresh Apple Slices 1/8 c Raisins HS LAST DAY OF SCHOOL	23
26 Memorial Day 	27	28	29	30



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