

# May 2025 | Early 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

### Blueberries

Season in Texas: May - July  
Did you know?  
One blueberry bush can grow up to 6,000 berries every year



## Wednesday



## Thursday

**1 Activity: Banana Pudding**  
1/4 c Vanilla Yogurt  
1/2 c Bananas  
2 Graham Crackers

## Friday

**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 Sliced Cheese  
1/2 c Pears

**8 Activity: Pinwheels**  
1 Tortilla  
1 slc Ham

**9**  
4 oz Milk  
1/4 c Gold Fish Crackers

**12**  
4 Wheat Crackers  
1/2 oz Sliced Cheese

**13 Activity: Crackers Dippers**  
1/2 c Applesauce  
2 Graham Crackers

**14**  
1/2 c Shredded Carrot  
1/2 oz Sliced Ham

**15 Activity: Banana Split**  
1/2 c Bananas  
1/4 c Vanilla Yogurt

**16**  
64 oz Milk  
8 Animal Crackers

**19**  
4 oz Milk  
1/2 Soft Pretzel Rod

**20 Activity: Cracker Stacker**  
4 Wheat Crackers  
1 slc Ham

**21**  
2 Graham Crackers  
1/2 c Tropical Fruit

**22 Activity: Ants on a Boat**  
1 slc Cheese  
1/2 c Fresh Apple Diced

**23**  
4 oz Milk  
1/2 Whole Grain Muffin

**26** Memorial Day  


**27**  
1 pk Teddy Grahams  
1/2 c Pears  
**Start of Summer**

**28**  
1/4 c Vanilla Yogurt  
1/2 c Strawberry Yogurt Chex

**29**  
1/2 oz Sliced Ham  
4 oz Frozen Fruit Pop

**30**  
4 oz Milk  
1/4 c Gold Fish Crackers



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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