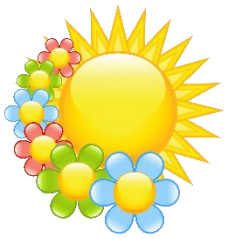
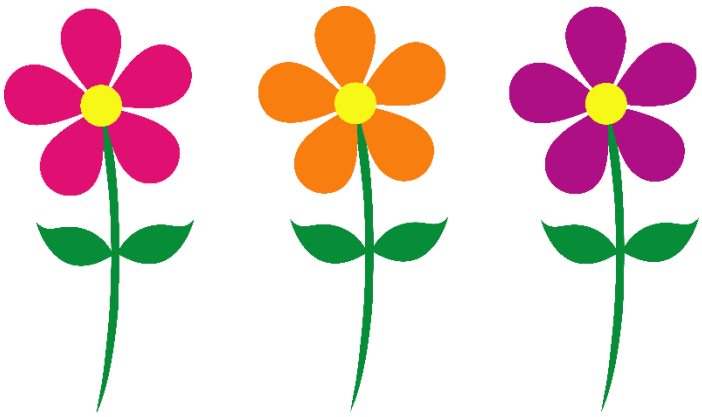


May's Mindful Moments

May 5-9 **Infants and Toddlers**	I love you ritual Mr. Sun	Babydoll Circle time Hiding babies	Breathing Belly Breathing
May 12-16 **Twos**	I love you ritual Mr. Sun	Babydoll Circle time Books with babies	Breathing Belly Breathing
May 19-23 **Threes**	I love you ritual Greetings	Babydoll Circle time Stop and Go 5:3	Breathing Rocket Breathing
May 26-30 **Fours**	I love you Ritual Yes and No game	Babydoll Circle Time Stop and Go 5:3	Breathing Pizza Breathing

Mindful Moments Days/Times

Infants: Tuesday 10:00
Toddlers: Thursday 10:00
Twos: Thursday 10:00
Threes: Wednesday 10:00
Fours: Thursday 10:00