

**Family  
Resource  
and  
Activity  
packet  
Wednesday  
(1-06-21)**



# Twinkle, Twinkle, Little Star



Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are!



## MANGO DIP

1 ripe mango, **mashed**  
½ cup plain lowfat yogurt  
1 orange, peeled and chopped  
8 strawberries, **stems removed**  
1 cup pineapple chunks  
2 kiwifruit, chopped  
8 skewers

- ① In a small bowl, mix together mango and yogurt. Set aside.
- ② Using all of the fruit, thread chunks onto skewers.
- ③ Serve skewers with the yogurt dip.

**NUTRITIONAL INFORMATION** ( per serving )  
CALORIES 130; FAT 1.1g; PROTEIN 3g; CARB 30g; FIBER 4g;  
CALCIUM 113mg; IRON 1mg; VITAMIN A (RE) 113mcg; VITAMIN  
C 90mg; FOLATE 38mcg

- Colored text = Kids can help  
Letra a color = los niños pueden ayudar

**SERVES  
PORCIONES**

**4**

## DIP DE MANGO

1 mango maduro, **hecho puré**  
½ taza de yogur bajo en grasa, sin sabor  
1 naranja, pelada y picada  
8 fresas, **sin los rabitos**  
1 taza de pedazos de piña  
2 kiwis picados  
8 palitos para brochetas

- ① En un tazón pequeño, mezcle el mango y el yogur. Colóquelo a un lado.
- ② Usando toda la fruta, inserte pedazos en los palitos.
- ③ Sirva las brochetas con el dip de yogur.

### **INFORMACIÓN DE NUTRICIÓN** ( en cada porción )

CALORÍAS 130; GRASA 1.1g; PROTEÍNA 3g; CARB. 30g; FIBRA  
4g; CALCIO 113mg; HIERRO 1mg; VITAMINA A (RE) 113mcg;  
VITAMINA C 90mg; FOLATO 38mcg

### **DID YOU KNOW?...**

Making fruit kabobs with your child is a fun way to teach patterns.

### **SABÍA USTED QUE?...**

Hacer brochetas de frutas con su niño es una forma divertida de enseñarle patrones.



## Flower Coasters

Bring nature inside with this sweet floral craft for your kids. Does this count as being outdoorsy?

### DIRECTIONS

1. In a microwave-safe bowl combine ARM & HAMMER™ Baking Soda, corn starch, and warm water. Mix until dissolved.
2. Microwave the mixture for about 40 seconds. Remove and stir. Repeat until the dough starts to dry and can be kneaded as a soft, smooth dough. (No microwave? Combine ingredients in a small pot and stir over low heat on the stove until everything comes together in a smooth dough.)
3. Roll the dough out with a rolling pin to a uniform 1/4" thickness. Cut out your clay circles with a cup or a circle cookie cutter.
4. Bake at 215°F for 1 hour. In the meantime, start planning your flower layouts. (Now's your chance – get the kids outside to pick their own flowers and finish sending that text you meant to send an hour ago.)
5. Wait for the coasters to cool, about 2 hours. Add a layer of Mod Podge® over the top and place your flowers. Gently paint a layer of Mod Podge® over the flower(s) and the entire coaster. Let sit and air-dry for several hours or overnight.

### DETAILS

**Craft Time:** 15-30 minutes

**Bake Time:** 1 hour

**Time For You:** 10 minutes  
(coincidentally there are 10 minutes left of that podcast you want to finish)

**What Your Kids Get:** 4 coasters

### INGREDIENTS

- 1 cup ARM & HAMMER® Baking Soda
- 1/2 cup corn starch
- 3/4 cup warm water
- Rolling pin
- Circle cookie cutter or cup
- Pressed flowers
- Mod Podge®
- Paintbrush
- Measuring cups

## 4 proven ways you can feel happier

**Feeling stressed and unhappy? Try these science-backed strategies for enjoying a happier life.**

By Mayo Clinic Staff

The pursuit of happiness is likely as old as the human race. We read those reports that rate the happiest places on earth, wondering, "What's their secret?"

Scientists have been working on defining and measuring happiness for years. They've learned a lot about what influences individual happiness — and, spoiler alert, it's not necessarily wealth.

One large study that evaluated the emotional well-being of more than 450,000 people found that their happiness increased along with their annual income, but only until they reached \$75,000. Once they met their basic needs, higher incomes didn't mean greater happiness.

Want to increase your happiness? Research has shown that these four practices can help you feel more joy and happiness in your daily life.

### 1. Be nicer to others

Researchers call this "practicing loving kindness." What it boils down to is being kind to people you interact with in the course of your day. Help someone with a heavy load. Run an errand for your sick neighbor. Give a co-worker a boost with a thoughtful compliment.

When you show sincere kindness toward others, it activates a portion of your brain that helps you feel pleasure. Research has also shown that your generosity of spirit might even be contagious, so you may spread happiness to others as you go.

### 2. Start meditating

Loving-kindness meditation (LKM) encourages you to sit quietly while you think warm, loving thoughts. People who practice LKM for an hour a week report that they feel more contentment and joy.

Likewise, mindful meditation — which helps you increase your awareness of the present moment and become more accepting of yourself — has been shown to enlarge the part of the brain that regulates emotions. That can help you maintain happy feelings even when faced with life's inevitable obstacles.

### 3. Exercise

We all know that exercise contributes to overall health, but researchers have found it can also make you happier. In one study, older adults who started exercising regularly reported that, after eight weeks, they felt significantly happier.

Another study found that when inactive people increased their physical activity, their happiness improved too. While more study is needed to identify what type of exercise works best, you can start by walking, running, swimming or whatever helps improve your mood.

### 4. Develop a more positive mindset

When researchers worked with highly stressed health care workers to improve their outlook, they found that after 12 weeks the workers reported they were happier and more satisfied with their lives.

Part of the intervention included work on gratitude and forgiveness. For instance, you can keep a gratitude journal, jotting down specific things you're grateful for. Instead of rushing to hurt or anger when someone behaves thoughtlessly toward you, choose forgiveness. As you practice these traits, you may find your happiness level increasing too.

Ready to focus on improving your happiness? There may be an even bigger payoff for you. Research has shown that when people focused more on kindness and other good works, they not only felt happier but also developed a stronger ability to fight off disease. Now that's a win-win.