

## A note from the office:

*May 2026*

To our men & women in uniform...past, present & future. God Bless You and Thank You!

Our Preschool Initiative classrooms will have preschool graduation on **May 7th**. This will be held at 7:00pm at Sioux City First Church (4420 Cheyenne Blvd). Please have your child to the church no later than 6:45pm. If you have any questions, please check in with your child's teacher, or Miss Erica or Miss Whitney in the office.

A few reminders for all families:

- Check your child's extra clothes to swap them out for weather appropriate apparel, in case of any accidents or spills.
- Keep a jacket, sweatshirt or sweater in your child's cubby or on their hook to use for the sometimes chilly mornings, as we still will play outside.
- Sunscreen & bug spray will be needed soon for all our outside play. If you want your child to use these items for outside time, please bring them LABELED with your child's name and put them in their cubby or give to a staff member.
- All children during rest time need to have 2 blankets, or 1 crib sheet and 1 blanket, per the HHS regulations.

This month we want to put a spotlight on **Miss Esmeralda**. She is newer to our center but has really stepped up when we need her. She is our new lead Snail teacher and is always so positive. The kids love her already and she is a great addition to our team.

Have a wonderful month of May.

*Miss Erica & Miss Whitney*



- |        |         |         |
|--------|---------|---------|
| Brady  | Lorenzo | Desirae |
| Paige  | Liam    | Mateo   |
| Avacyn | Alan    | Eric    |
| Titus  | Kylen   | Shelby  |
|        | Grayson |         |



## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Help Your Child Recognize and Understand Sadness

Alyson Jiron, Brooke Brogle & Jill Giacomini

Sadness is one of the easiest emotions for young children to understand, and one of the first emotions that they can learn to recognize in others. Everyone feels sad at one time or another for a variety of reasons. As parents, we want to empower our children to recognize when they are feeling sad and, if needed, take steps to help themselves feel better or ask someone else for help. When you help your child recognize the physical features that accompany feeling sad and understand the reasons why someone might feel sad, you are helping your child create the necessary building blocks for him to manage his own emotions and relationships. Sometimes simply acknowledging your child's sadness is all that is needed. For example, saying to your child "You are so sad that it is time to leave the park."



### Try This at Home

- Notice and label when you, your child or others are sad. You might say:
  - » About yourself, "I'm feeling really sad that Grandma went home. Maybe I'll call her."
  - » About your child: "It looks like you are sad. You have tears in your eyes and your head is down."
  - » About others: "That little boy looks really sad. I wonder what might make him feel better?"
- Read books about being sad. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and corresponding activities to help your child learn about emotions at: <http://challengingbehavior.cbcs.usf.edu/implementation/family.html>.
- Share with your child times when you felt sad. What happened? What did you do? Did you stay sad forever? It is important for children to learn that emotions can (and do!) change.
- Use your child's play as a way to act out sad situations. For example, you could say, "Oh no, this train is super sad. All the other trains are playing together and he feels sad and lonely."

### Practice at School

Whether a child is sad because a parent left, a toy broke or they fell down, there are many opportunities for him to learn what to do when someone feels sad. Teachers label the emotion for the child, (i.e. saying "You look sad") and then begin to let the child come up with a solution to help him feel better. This may be a hug, a story or a special object. As children become more capable, they themselves learn to offer comfort to their peers.

### The Bottom Line

The way a child feels and behaves are closely related. Children who can manage their own emotions are better prepared to control their behavior. Children who can recognize their own feelings are better able to remain calm and use words, rather than challenging behavior, to communicate.



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## Weekly Themes:

5/4 - 5/8	Mother's Day
5/11 - 5/15	At the Beach & Ocean Animals
5/18 - 5/22	Gardening
5/25 - 5/29	At the Zoo

## Stay in touch:



@BuildingBlocksPreschoolIowa



@buildingblocks\_official



buildingblockshome.com

## Teacher Fun Fact

### What is your dream vacation?

Miss Erica: Backpack around Europe  
 Miss Whitney: Ground Zero in New York  
 Miss Jessica: Disney World  
 Miss Shantel: Paris  
 Miss Becky: Hawaii  
 Miss Yesenia: Italy  
 Miss Breonna: Bahamas  
 Miss Soraya: Mexico  
 Miss Lexi: Switzerland  
 Miss Yasmin: Hawaii

Miss Esme: Mexico or Japan  
 Miss Chloe: Bahamas  
 Miss Izabelle: Japan  
 Miss Shelby: Seattle  
 Miss Mya: Mexico  
 Miss Anna: Disney World  
 Miss Molly: Bahamas Cruise  
 Miss Kali: Hawaii

## Photos of the Month



*Love Our Center?*

**HELP US  
GROW!**

### 3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
  - LIKE, SHARE, COMMENT & SAVE OUR POSTS
  - SCAN THE QR CODE & LEAVE US A REVIEW!
- WE APPRECIATE YOUR HELP!**



# Health & Fitness Tips:

## SCREEN-FREE ACTIVITIES FOR KIDS THROUGHOUT THE SUMMER

With summer break approaching, the need for screen-free activities is at a high! Here is a list of activities for all ages...

- **Read a Book** and give a report once finished (older kids)!
- **Play a Board Game**
- **Take a Walk** and go on a scavenger hunt!
- **Play with Water** by going to the pool, set up sprinklers or a water table.
- **Camp Out... or In!** Get out those sleeping bags and make some s'mores!
- **Go on a Picnic.** Either outdoors or keep it indoors on a rainy day.
- **Host a Backyard's Olympics.** Invite your friends & neighbors over for a fun afternoon of obstacles in the backyard.
- **Set Up a Bike Car Wash.**
- **Plant a Garden.**
- **Make Popsicles.**

## EAT MORE FRUITS & VEGGIES

National Eat More Fruits and Vegetables Day is **May 21<sup>st</sup>**, promotes healthy eating for kids. Engaging children with colorful, fun food art, involving them in shopping, and utilizing dips or smoothies helps boost intake. Kids need daily servings of fruits and vegetables to improve immunity and nutrition.

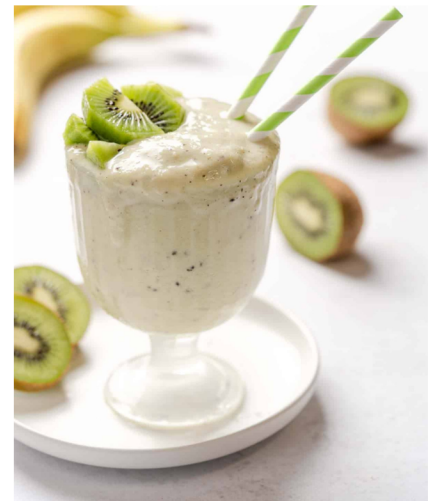
### Key Activities for Kids' Fruit/Veggie Day:

- "Veggie Art" & Cooking: Use veggies as stamps with paint, or make smiley faces on sandwiches using vegetables and fruits.
- Hands-On Prep: Let children pick a new, colorful produce item at the grocery store and help with safe cooking tasks, like washing or assembling.
- Theme Days: Create a "color of the day" for veggies or a "smoothie bar" where kids can add spinach or berries for natural sweetness.
- Pairing with Dips: Serve raw vegetables with hummus or yogurt-based dips to enhance flavor.

### Tips for Success:

- Be a Model: Children mimic parents, so it is important for adults to express excitement about eating vegetables.
- Try New Methods: Roast vegetables for a sweeter flavor or blend them into sauces to mask textures.
- Storytime: Use veggie-themed books or characters.

## KIWI BANANA SMOOTHIE



### INGREDIENTS:

- 2 ripe kiwis
- 1 medium banana
- ½ c. greek yogurt, plain or flavored
- Ice cubes
- 1-2 tbsp. honey, optional

### DIRECTIONS:

- Peel the kiwis, chop into quarters.
- Place kiwi, frozen banana, Greek yogurt and honey into the blender. Blend until smooth. If necessary, add a tiny splash of water to help ingredients combine.
- Add ice and blend again, until smooth. Serve immediately.

## Care-A-Lot

The Care-A-Lot kids are working hard on hitting their developmental milestones, some are even getting accomplished. **Yasiel, Maclin & Natalie** are now sitting up by themselves. Way to go! **Yasiel** has even started to move around by arm crawling.

We have a beautiful art project planned this month for all our mom's. I plan to read books to all the babies throughout the month. They love to be read to.

Happy Mother's Day! Have a great May!

**Miss Jessica**

## Bees

Welcome to the most beautiful month of the year!

There is a lot of fun things happening this month. Our kids will learn about the beach & animals that live in the ocean. We will also learn about gardening and we get to plant seeds to watch grow. We plan to work on our colors and do math with sorting by colors. This month we are helping our littles learn how to take turns. Sometimes in life we have to wait and take turns, and this is a great solution for us to work on.

**Newton** has been a great helper lately. We love your help! **Jream** has really gotten comfortable with the center, teachers & friends. He always has the biggest smile on his face and bring us so much joy!

We hope this month brings fun to explore the outside world.

**Miss Yesenia**

## Butterflies

April showers bring May flowers!

We have some fun things planned this month! We will plant seeds and watch our flowers grow. We will make a special present for our moms. We will practice our math skills by counting and sorting flower petals. One of our science projects will be chromatography flowers.

This month we are practicing our solution, "Get a teacher". This solution is a good one to learn and know how to use our voice to ask for help or tell of a concern we have. We always work on playing nicely and sharing with our friends in the classroom and on the playground.

When **Evan** is playing in the classroom, he randomly starts saying the months of the year all by himself. Way to go Evan! **Vivian** always notices when toys are not put back in the right container or right spot. She will often fix them for us and loves to keep things neat!

MAY this month bring sunshine and blooming flowers.

**Miss Lexi & Miss Yasmin**

## Disney

Happy Spring! We hope you all are enjoying the lovely weather.

This month we have had so many milestones mastered. **Josphene** is walking all on her own and gets around the classroom. She has also started to say, "Oh no," and laughs when we repeat it back to her. She is so much fun! **Lorenzo** is now pulling himself up and standing all by himself. Way to go, buddy! **Avacyn** is so good at playing peek-a-boo and then does this adorable growling laugh. We love to see the fun side of her!

We have a fun art project planned to honor all the mom's! We will also do fun art with zoo animals, ocean animals and flowers.

Have a wonderful time. Have a nice Memorial Day!

**Miss Becky & Miss Shantel**

## Ducks

Welcome May & all our wonderful families!

We have fun things planned for the month, a couple of them are special projects for Mother's Day & Memorial Day. We have a fun science experiment planned, where we will use sugar and vinegar to make fireworks. We will practice our math skills with number blocks.

We will practice & work on using our walking feet inside the center and our running feet on the playground. We will continue to talk about being kind to our friends by sharing our toys.

A couple student spotlights are always fun to share. **Lily** always has a smile on her face and is such a sweet friend. She plays nicely with her friends. **Violet** is always willing to participate at circle time and is doing a great job! We love when our kids engage and learn! Way to go Violet.

Have a wonderful May!

**Miss Soraya & Miss Breonna**

## Snails

We welcome May and all the sun it brings with it!

We will work hard this month on our ABC's, numbers, shapes and more. We plan to explore and learn about zoo & ocean animals. We will find out about their habitats, what they eat and more. We will continue to work on sharing in the classroom and on the playground. Our focus will be on using kind words to our teachers & friends and how to take care of our classroom & toys. This month we will explore science by planting seeds to see and learn how the plants grow. We will also practice our math skills in the classroom by counting and sorting.

**Ridge** has been doing so great at following directions in the classroom & playground. He also has been participating during our circle times so well. Keep it up Ridge! **Benjamin** has been so kind to his friends. He has been sharing toys and working with his friends to take turns. We are proud of you, Benjamin.

Thanks for all your support parents. Have a great May!

**Miss Esme**

# Caterpillars

It's almost summer - time for sun & fun!

As the weather continues to warm up, we will be outside a lot more. We can't wait for that! Please remember to check your child's cubby for any requests for your child's needs (clothes, jacket, diapers, etc..).

We will practice our math skills by counting and sorting legos. As a class, we are focusing on using our running feet outside and our walking feet in the classroom, hallways & lunchroom.

**Ember** has been doing great at learning the letters in her name, as well as colors. We love to see our little ones learning. **Desirae** has been so good at sharing with her friends. She is also great at helping her friends when they feel sad. That is such a great quality to learn and have in life.

We can't wait to explore more together!

**Miss Chloe**

# Frogs

May is full of sunshine, blooming flowers & endless possibilities!

We are so excited for all the fun things we get to do this month! We can't wait to make all our moms a gift to show our love & appreciation. We will learn about all the different kinds of sea creatures we find in the ocean. Our sea theme sensory bin is going to be awesome with water, seashells & sea creatures. We have big plans to start our own little seedlings of grass. We are going to watch our seeds grow and then practice our scissor skills to give our seedlings haircuts. We will also decorate the cups with silly faces. We have fun science project planned with rainbow rain clouds and a math activity with counting zebras stripes.

**Dominic** is doing so good making improvements with writing his name and also with using scissors! We are proud of you, Dominic. While we were reading, "The Wonder you See" by Joanna Gaines, we talked & learned about the word curiosity. **Malcom** said he gets very curious about sea monsters. **Marceline** is using her words so nicely to tell her friends what she needs/wants. Way to use your words, Marceline! We love that!

Hope you have aMAYzing month!

**Miss Shelby**

# Pre-K

Happy last month of Pre-K.

We will begin our Getting Ready for Kindergarten study! We will talk about all the changes to anticipate and things we will do in the big schools. We are working hard and preparing for our Preschool Graduation. We are practicing our songs and how to stand nicely in line while we do our processional march. We will be growing plants in the garden box outside. We hope to see our carrots and cucumbers grow! We will do a bar chart to graph what schools all of us will go to for Kindergarten and see which school has the most attending and which will have the least.

This month we will focus on the solution card "Trade". We will practice and act out what it looks like to trade a toy with a friend. This helps with sharing and taking turns! We will also practice giving high fives & fist bumps during buddy play to encourage nice touches and being friendly!

Teamwork is always so fun to see happen in the classroom. **Oliver, Eric & Nigel** built a tree house with magnatiles to land spaceships in and did it so well together. **Julian** helped a friend locate their name tracing sheet when they thought it was lost. Thanks for being such a great friend & helper..

We are looking forward to a wonderful graduation!

**Miss Anna**

# Turtles

Happy May! I hope your month is a-MAY-zing!

We have a number of fun activities planned. We will celebrate our mom's and the motherly figures in our life. We have two field trips planned! We are going to be learning how to spell our first name, as well as trace & write them. We will do a fun science project making fizzy flowers. We plan to count and graph flower petals to work on our math skills.

**Nubian** is very helpful! She loves to help others and is great at doing her classroom jobs! **Tillie** has mastered writing her name all on her own! Way to work hard!

As a class, we will be practicing the solution card, "Get a timer". This will help us wait our turn & share our toys. We will also focus on using our walking feet inside the center.

MAY your days be as bright as the flowers of May!

**Miss Izabelle**

# Lizards

MAY your month be as bright as a sunflower!

We are focusing on our shapes & colors this month with fun worksheets. We also will have some fun activities with pom poms, markers and marbles. We will do a science experiment called lava lamps. That will be so much fun for the kids. We will continue to talk and work on sharing with our friends in the classroom and on the playground. Sharing is caring!

So proud of **Remi L**, he is writing his name all by himself! **Amelia L** is starting to really open up and communicate with her friends during play time. It is so fun to see her having fun!

See you in June!

**Miss Mya**

# School-Agers

It's May - time to play!

This month we will work on a special project to honor all our moms. We will also be doing a science activity - rain cloud in a jar! We will practice our math skills using flower petals.

Please make sure you have communicated your plans for your school-age child with the office for summer and next school year. We are just days away from our summer program.

We are so proud of **Isaiah M** and **Julian S**. They have been really good listeners in the classroom and have been helping out at snack time. Thanks Isaiah and Julian.

School times ending, summer times are starting! Bring on the sun!

**Miss Molly & Miss Kali**

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 LIZARDS Go on a Nature Walk PRE-K Parachute Play	28	29	30 PRE-K Walk to the Water Tower	1 TURTLES Plant Flowers FROGS Plant Grass Seedlings DISNEY Mother's Day Art	2
3	4 CARE-A-LOT Read ABC Book of Love for Mom LIZARDS Create Lava Lamps	5 CARE-A-LOT Mother's Day Art CATERPILLARS Mother's Day Art	6 PRE-K Create Crayon Initials	7 PRE-K PI Preschool Graduation at 7:00pm	8	9
10 HAPPY Mother's DAY	11 CARE-A-LOT Read 'Shark Bite' DUCKS Wear Beach Clothes PRE-K Plant Seeds in the Garden Box	12 CARE-A-LOT Ocean Animal Art TURTLES Field Trip Day	13 DISNEY Art Project PRE-K Field Trip to Park	14 PRE-K Sidewalk Chalk at the Water Tower FROGS Make Flowers for Classroom Tree	15 LIZARDS Coke & Mentos Experiment	16
17	18 CARE-A-LOT Flower Art DISNEY Art Project BUTTERFLIES Plant Seeds	19	20 SNAILS Plant Seeds DISNEY Art Project PRE-K Make Homemade Pizzas	21 DUCKS Plant Seeds FROGS Coke & Mentos Experiment	22 BUILDING BLOCKS Wear Red, White & Blue LIZARDS Plant Seeds PRE-K Puffcorn & Movie Party (for good behavior)	23
24	25  MEMORIAL DAY BUILDING BLOCKS is CLOSED today	26 TURTLES Field Trip Day	27 PRE-K Make Bird Feeders	28 CATERPILLARS Zebra Art	29 DISNEY Art Project SIOUX CITY SCHOOLS Last Day of School (1:30 Dismissal)	30