

Choose Your Own Snack Adventure

Supplies

- Trail mix ingredients, such as dry cereal, raisins or other dried fruit, peanuts, pretzels, chocolate chips, etc.
- Medium bowls for serving
- Plastic spoons for serving
- Small paper or plastic bowls or cups (one per child)

Directions

1. Place each ingredient in its own bowl with a spoon for serving. Set the bowls on a table in a buffet line, or use whatever configuration works best for your group.
2. Give each child a bowl or cup.
3. Have the children choose from the different ingredients to make their own trail mix. (It might be a good idea to set limits on how much of any one ingredient they can add, such as no more than two spoonfuls of chocolate chips.)
4. As the children enjoy their trail mix, talk about what each child chose to include and why.