



Month: January Week: 1

Subject: Social Wellbeing

Day 1	Topic(s)	Foundation(s)	
	Theme: Kwanzaa Shape: Oval Number: 1 Color: Black, Red, Green Letter: Ss	SW1.1: Demonstrate self-awareness and confidence.	
Indicators			
	Younger Toddlers	Older Toddlers	
	Explores sensory materials with support.	Demonstrates curiosity and confidence while engaging with sensory materials.	



Activities

The teacher will provide sensory bins filled with soft items, such as fabric squares, cotton balls, or plush toys. Younger toddlers will explore the materials with guidance, using touch and observation. Older toddlers will be encouraged to describe the items they touch or choose their favorites. The teacher will support self-awareness by naming textures and acknowledging toddlers' choices.

Resources and Materials

- Sensory bins with soft items (fabric squares, cotton balls, plush toys)
- Table or floor space for exploration

Topic Related Language/ Key Vocabulary

Soft, touch, feel, smooth

Supports





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Day 2	Topic(s)	Foundation(s)
	Theme: Kwanzaa Shape: Oval Number: 1 Color: Black, Red, Green Letter: Ss	SW2.1: Demonstrate self-control.
Indicators	Younger Toddlers	Older Toddlers
	Follows simple prompts during calming activities.	Demonstrates growing ability to regulate movement or energy levels.



Activities

The teacher will guide toddlers through a series of breathing exercises. Younger toddlers will be encouraged to watch and imitate the teacher's actions, such as placing hands on their stomachs while breathing in and out. Older toddlers will follow a simple prompt like "Breathe in through your nose, and blow out like you're blowing out a candle!" The teacher will encourage calmness and self-regulation during the activity.

Resources and Materials

- Quiet, comfortable space for seated breathing exercises

Topic Related Language/ Key Vocabulary

Breathe, calm, slow, quiet

Supports

<https://www.youtube.com/watch?v=fTzXFPh6CPI&t=18s>



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Day 3	Topic(s)	Foundation(s)
	Theme: Kwanzaa Shape: Oval Number: 1 Color: Black, Red, Green Letter: Ss	SW1.2: Demonstrate identification and expression of emotions.
Indicators	Younger Toddlers	Older Toddlers
	Shows recognition of emotions in family-related discussions.	Expresses simple emotions or feelings in response to prompts.



Activities

The teacher will display pictures of family activities, such as eating together or playing, and discuss feelings related to these events. Younger toddlers will be guided to point to pictures and listen as the teacher labels emotions like "happy" or "excited." Older toddlers will be encouraged to share their feelings about similar family moments, such as "What makes you happy?"

Resources and Materials

- Family-themed picture cards or photos
- Comfortable seating area

Topic Related Language/ Key Vocabulary

Happy, sad, family, feel

Supports





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Day 4	Topic(s)	Foundation(s)
	Theme: Kwanzaa Shape: Oval Number: 1 Color: Black, Red, Green Letter: Ss	SW1.1: Demonstrate self-awareness and confidence.
Indicators	Younger Toddlers	Older Toddlers
	Explores their reflection in mirrors with curiosity.	Identifies themselves or features in the mirror.



Activities

The teacher will provide mirrors for toddlers to explore their reflections. Younger toddlers will be guided to observe their faces, with the teacher naming features like "eyes," "nose," or "mouth." Older toddlers will be encouraged to point to or name features and practice self-recognition by saying, "That's me!" The teacher will reinforce confidence by celebrating each toddler's observations.

Resources and Materials

- Handheld or mounted mirrors
- Clean, safe exploration area

Topic Related Language/ Key Vocabulary

Mirror, see, me, eyes, nose

Supports





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Day 5	Topic(s)	Foundation(s)
	Theme: Kwanzaa Shape: Oval Color: Black, Red, Green Number: 1 Letter: Ss	SW4.1: Demonstrate relationship skills.
Indicators		
	Younger Toddlers Participates in group activities with assistance.	Older Toddlers Engages with peers during collaborative activities.



Activities

The teacher will lead a group dancing activity with scarves, encouraging toddlers to move and interact with each other. Younger toddlers will wave or hold scarves with guidance, exploring movement. Older toddlers will be prompted to follow simple instructions, such as "wave your scarf high" or "pass the scarf to a friend." The teacher will emphasize teamwork and positive interactions.

Resources and Materials

- Lightweight scarves in Kwanzaa colors
- Open space for dancing

Topic Related Language/ Key Vocabulary

Dance, move, scarf, friend

Supports

