



Month: March Week: 3 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	May listen and mimic the teacher's breathing sounds.	Can attempt deep breathing and follow along with the teacher's guided breaths.
Activity: The teacher will introduce deep breathing using a simple bird theme. The teacher will say, <i>"Birds take slow, deep breaths when they rest. Let's practice breathing like a calm bird."</i> Toddlers will place their hands on their stomachs and slowly breathe in while the teacher counts, then breathe out while making a gentle "coo" or "tweet" sound. Younger toddlers will be encouraged to listen and mimic the breathing sounds, while older toddlers will follow along and practice slow, deep breathing on their own. The teacher will guide toddlers to notice how breathing helps their bodies feel relaxed and calm.		
Resources/Materials <ul style="list-style-type: none"> Cozy space (rug or soft mat) Nature sounds (optional) 	Key Vocabulary: Breathe Calm Slow	Support:

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Toddler Curriculum

Day 2	Topic(s)		Foundation(s)	
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle		SW2.1 Demonstrate self-control	
Indicators	Younger Toddlers		Older Toddlers	
	May touch and feel the softness of a feather.		Can gently blow a feather and describe how it moves.	
Activity: The teacher will introduce a calming sensory experience using feathers. The teacher will say, “ <i>Feathers are light and soft. Let’s feel how they move.</i> ” Toddlers will take turns holding and gently brushing a soft feather on their arms, hands, and cheeks. The teacher will encourage them to notice how it feels (“ <i>Is it soft? Does it tickle?</i> ”). Older toddlers will try slowly blowing the feather into the air and watching it float down. The teacher will guide them to use slow, controlled breathing while gently playing with the feathers, promoting self-regulation and focus .				
Resources/Materials <ul style="list-style-type: none">● Craft feathers● Small fan (optional for observation)		Key Vocabulary: Feather Soft Float		Support:

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Day 3	Topic(s)	Foundation(s)
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Toddler Curriculum

	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May explore and sit in the class nest space.	Can help arrange materials in the nest and place pretend birds inside.
Activity: The teacher will introduce the concept of a nest being a safe place where birds rest and care for each other. The teacher will say, <i>"Birds stay together in their nests. Let's make a big nest for our class!"</i> Toddlers will help gather and place soft materials like blankets, pillows, and fabric in a designated "nest" area. Younger toddlers will explore by sitting and feeling the textures , while older toddlers will help arrange the nest and place pretend birds inside . The teacher will encourage toddlers to sit together, cuddle a stuffed bird, and practice taking turns in the shared space, fostering a sense of community and cooperation .		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Small blankets and pillows Stuffed birds or soft toy eggs 	Nest Soft Together	

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Day 4	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery	SW2.1 Demonstrate self-control



Toddler Curriculum

	Number: 9 Letter: Hh Color: Purple Shape: Rectangle	
Indicators		
	Younger Toddlers May explore soft objects with their hands.	Older Toddlers Can demonstrate using “gentle hands” when handling materials.
Activity: The teacher will introduce the importance of using gentle hands by saying, <i>"Birds are small and delicate. We must be gentle with them, just like we are gentle with each other."</i> Toddlers will practice using "gentle hands" by stroking a soft feather, patting a stuffed animal bird, or gently placing toy eggs into a nest . Younger toddlers will explore different textures, while older toddlers will practice gentle high-fives, pats, or soft hand-holding to reinforce positive social interactions . The teacher will remind them, <i>"We always use gentle hands with our friends, just like we are gentle with birds!"</i>		
Resources/Materials <ul style="list-style-type: none"> • Soft feathers • Stuffed animal birds • Small toy eggs 	Key Vocabulary: Gentle Soft Care	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery Number: 9	SW1.1 Demonstrate self-awareness and confidence



Toddler Curriculum

	Letter: Hh Color: Purple Shape: Rectangle	
Indicators		
	Younger Toddlers	Older Toddlers
	Can move to the music by flapping or hopping.	Can copy different bird movements and follow along.
<p>Activity: The teacher will introduce bird movement and dancing by playing soft nature sounds or bird-themed music. The teacher will say, <i>"Birds love to move and dance! Let's dance like birds!"</i> Younger toddlers will be encouraged to flap their arms, hop, or sway to the rhythm of the music. Older toddlers will explore different types of bird movements like flapping like an eagle, hopping like a robin, or wiggling like a duck. The teacher will encourage self-expression and confidence by saying, <i>"Show me your best bird dance!"</i> and allowing toddlers to explore movement freely.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Bird-themed music or nature sounds Open space for movement 	Dance Hop Flap	