



## Month: May Week: 3 Subject: Student Wellbeing

<b>Day 1</b>	<b>Topic(s)</b> Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	<b>Foundation(s)</b> SW1.1 Demonstrate self-awareness and confidence  SW1.2 Demonstrate identification and expression of emotions
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may identify their current feelings when shown a visual cue (happy, calm, excited).	Children may describe a time they felt a certain emotion outside in nature.
<p><b>Activity: Nature Feelings Circle (Happy, Calm, Excited)</b></p> <p>Students will sit in a circle and talk about how being in nature makes them feel. The teacher will show visuals of emotional faces (happy, calm, excited) and ask each child to point to or name how they feel today. Afterward, students can share a short story about a time they felt happy or calm outside, like visiting a park or playing in their backyard. This activity encourages emotional awareness and builds community among the group.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Emotion face cards (happy, calm, excited)</li> <li>Talking stick or soft ball to pass for sharing</li> </ul>	<b>Key Vocabulary:</b> happy, calm, excited	<b>Support:</b>



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<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	SW1.2 Demonstrate identification and expression of emotions  SW2.1 Demonstrate self-control
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may participate in slow breathing with teacher guidance.	Children may independently practice butterfly breathing with self-regulation.
<p>Activity: <b>Butterfly Breathing Yoga and Relaxation</b></p> <p>Introduce children to "Butterfly Breathing" by asking them to sit tall, touch their thumbs together, and flap their hands slowly like butterfly wings while breathing in and out. The teacher will model deep breathing: "Smell the flower...blow the petals." Children will repeat slowly several times, focusing on calming their bodies. Afterward, invite them to lie on their backs and imagine they are resting in a peaceful garden, practicing stillness and quiet reflection.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Calm music or nature sounds (optional)</li> <li>• Open floor space or yoga mats</li> </ul>	<b>Key Vocabulary:</b> breathe, calm, relax	<b>Support:</b>

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Day 3	Topic(s)		Foundation(s)	
	Theme: Nature’s Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle		SW1.2 Demonstrate identification and expression of emotions  SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	Children may match emotional faces when prompted.		Children may explain why a face might feel a certain emotion.	
Activity: Match Nature Faces to Emotions				
The teacher will show cards with faces expressing emotions, such as a smiling sun, a crying raindrop, or an excited flower. Children will match these faces to the correct feeling word: happy, sad, excited, etc. After matching, invite students to explain why the nature face might feel that way ("The flower is excited because it’s growing!" or "The raindrop is sad because it fell."). This helps build empathy, language skills, and emotional connection.				
Resources/Materials <ul style="list-style-type: none"><li>Nature-themed emotion face cards</li><li>Emotion word cards</li></ul>		Key Vocabulary: happy, sad, excited		Support:

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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
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## Preschool Curriculum

	Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	SW2.1 Demonstrate self-control  SW3.1 Demonstrate conflict resolution
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may listen quietly outdoors for short periods.	Children may describe natural sounds they hear and practice calming strategies when needed.
<b>Activity: Outdoor Calm Listening Time</b> Take students outside or near a window where they can hear natural sounds. Ask them to sit quietly, close their eyes if they feel comfortable, and just listen: "Can you hear birds? Wind? Leaves moving?" After a few minutes, discuss the sounds they noticed. This practice encourages mindfulness, teaches patience, and helps children find peace within themselves, which is useful when managing strong emotions.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Outdoor space</li> <li>Nature sounds playlist (backup option if needed)</li> </ul>	<b>Key Vocabulary:</b> listen, quiet, sound	<b>Support:</b>

## Month: May Week: 3 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
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	Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	SW3.1 Demonstrate conflict resolution
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may suggest one way to help others or help the Earth.	Children may reflect on how teamwork helps nature and communities.
<p>Activity: <b>Reflection Circle: Helping Earth</b></p> <p>Gather children in a circle and invite them to reflect on everything they learned this week about helping the Earth. Ask each child to share one way they can be a helper, like picking up litter, planting seeds, or watering plants. As children share, encourage positive comments and teamwork ideas ("We can help together!"). This promotes kindness, responsibility, and a sense of belonging to a community.</p>		
Resources/Materials <ul style="list-style-type: none"> <li>Talking stick or soft ball to pass for sharing</li> <li>Chart paper to list "Ways We Help the Earth"</li> </ul>	Key Vocabulary: help, earth, friend	Support: