



## Month: July Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star		SW1.1 Demonstrate self-awareness and confidence  SW4.1 Demonstrate relationship skills	
Indicators				
	Younger Preschool		Older Preschool	
	Names or points to familiar people they like to play or spend time with.		Share who they would choose as a camping buddy and explain why.	
Activity: Circle Time - Who Would You Camp With?				
During morning circle, invite children to think about who they would want to take camping: family, friends, or even a favorite stuffed animal. Ask each child to share their choice and explain it in a sentence or two. Highlight that everyone’s choice is special. This encourages children to express preferences and build confidence in speaking with peers.				
Resources/Materials ● None required		Key Vocabulary: friend, camp, buddy		Support:



## Month: July Week: 4 Subject: Student Wellbeing

Day 2	Topic(s)		Foundation(s)	
	Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star		Follows simple calming routines with support.	
Indicators				
	Younger Preschool		Older Preschool	
	Follows simple calming routines with support.		Practices controlled movements and describes how they feel afterward.	
Activity: Yoga in the Woods with Nature Sounds				
Create a calming yoga experience with forest or wilderness sounds playing in the background. Lead students in animal or nature-inspired poses like bear, butterfly, and tree. Pause to talk about how our bodies feel calm or stretched. This activity promotes body awareness and mindfulness through play.				
Resources/Materials <ul style="list-style-type: none"><li>Nature sound audio</li></ul>		Key Vocabulary: calm, stretch, breathe		Support:



## Month: July Week: 4 Subject: Student Wellbeing

<b>Day 3</b>	<table> <tr> <th data-bbox="375 363 899 405">Topic(s)</th><th data-bbox="899 363 1422 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 600"> Theme: Camping Under the Stars  Number: 2  Letter: Uu  Color: Green  Shape: Star </td><td data-bbox="899 405 1422 600"> <b>SW1.2</b> Demonstrate identification and expression of emotions   <b>SW3.1</b> Demonstrate conflict resolution </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star	<b>SW1.2</b> Demonstrate identification and expression of emotions  <b>SW3.1</b> Demonstrate conflict resolution
Topic(s)	Foundation(s)				
Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star	<b>SW1.2</b> Demonstrate identification and expression of emotions  <b>SW3.1</b> Demonstrate conflict resolution				
<b>Indicators</b>	<table> <tr> <th data-bbox="375 695 899 758">Younger Preschool</th><th data-bbox="899 695 1422 758">Older Preschool</th></tr> <tr> <td data-bbox="375 758 899 856">Identifies emotions with support using pictures or songs.</td><td data-bbox="899 758 1422 856">Expresses feelings and offers ideas to solve simple social challenges.</td></tr> </table>	Younger Preschool	Older Preschool	Identifies emotions with support using pictures or songs.	Expresses feelings and offers ideas to solve simple social challenges.
Younger Preschool	Older Preschool				
Identifies emotions with support using pictures or songs.	Expresses feelings and offers ideas to solve simple social challenges.				
<p><b>Activity:</b> Campfire Songs &amp; Feelings</p> <p>Gather children around a pretend campfire and sing simple camp songs (e.g., “Going on a Bear Hunt,” “This Little Light of Mine”). After each song, prompt discussion using questions like, “How did that song make you feel?” or “When do you feel excited like that?” This encourages emotional reflection and helps children relate music to feelings.</p>					
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Pretend fire setup</li> <li>• Song list</li> <li>• Emotion visuals</li> </ul>	<b>Key Vocabulary:</b> happy, calm, excited				
<b>Support:</b>					



## Month: July Week: 4 Subject: Student Wellbeing

Day 4	Topic(s)		Foundation(s)	
	Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star		SW2.1 Demonstrate self-control  SW1.1 Demonstrate self-awareness and confidence	
Indicators	Younger Preschool		Older Preschool	
	Participates in structured movement and balances with guidance.		Maintains focus during simple yoga poses and shows pride in participation.	
Activity: Wilderness Yoga				
Revisit yoga but with added storytelling: “Let’s pretend we’re walking through a forest.” Guide children through imaginative movements that mimic animals and natural elements. Emphasize how we can feel strong like a tree or slow like a turtle. This fun twist supports body regulation and confidence.				
Resources/Materials <ul style="list-style-type: none"><li>Nature props (optional), forest music</li></ul>		Key Vocabulary: forest, slow, stretch		Support:



## Month: July Week: 4 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b> Theme: Camping Under the Stars Number: 2 Letter: Uu Color: Green Shape: Star	<b>Foundation(s)</b> <b>SW2.1</b> Demonstrate self-control  <b>SW1.2</b> Demonstrate identification and expression of emotions
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Shows interest in quiet, cozy environments for calming down.	Describe how reading or quiet time makes them feel.
<p>Activity: Cozy Camp Storytime</p> <p>Create a cozy campsite using blankets, stuffed animals, and pillows. Dim the lights and read a calming camping-themed book. Afterward, invite children to share how the story made them feel and reflect on their favorite part. This winding-down activity helps children regulate emotions and appreciate peaceful spaces.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Camping books</li> <li>• Blankets</li> <li>• Flashlights</li> </ul>	<b>Key Vocabulary:</b> cozy, quiet, story	<b>Support:</b>