



## Month: June Week: 1 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle	SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May copy breathing motions or body poses.	May complete deep breathing and explain how it helps.

### Activity: **Sunny Breathing**

Guide children through a “sunshine stretch,” standing tall and raising arms like the sun rising, then taking deep breaths while slowly lowering arms. Repeat the movement several times, adding imagery: “Breathe in the sunshine, blow out the clouds.” Use this technique throughout the week as a calming strategy.

Resources/Materials <ul style="list-style-type: none"> <li>• Calm space (circle area)</li> <li>• Optional: sun visual cue or breathing cards</li> </ul>	Key Vocabulary: breathe, calm, stretch	Support:
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Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle		SW1.1 Demonstrate self-awareness and confidence	
Indicators				
	<b>Younger Preschool</b>		<b>Older Preschool</b>	
	May smile or react to their own reflection.		May talk about their expression and how they feel.	

### Activity: **Mirror Smiles**

Each child takes turns looking into a hand mirror and practicing different faces: happy, silly, serious. Encourage them to describe how they feel when they smile or make a silly face. Use prompts like, “What makes you smile?” or “Can you show me your sunny face?”

Resources/Materials <ul style="list-style-type: none"> <li>Hand mirrors</li> <li>Emotion cards (optional)</li> </ul>	Key Vocabulary: smile, happy, feel	Support:
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<b>Day 3</b>	<table> <tr> <th data-bbox="378 373 899 405">Topic(s)</th><th data-bbox="899 373 1419 405">Foundation(s)</th></tr> <tr> <td data-bbox="378 405 899 600"> Theme: Sunny Days Ahead  Number: 16  Letter: Oo  Color: Blue  Shape: Rectangle </td><td data-bbox="899 405 1419 600"> <b>SW1.2</b> Demonstrate identification and expression of emotions </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle	<b>SW1.2</b> Demonstrate identification and expression of emotions
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<b>Indicators</b>	<table> <tr> <th data-bbox="378 695 899 762">Younger Preschool</th><th data-bbox="899 695 1419 762">Older Preschool</th></tr> <tr> <td data-bbox="378 762 899 856">May point to or name a favorite item or person.</td><td data-bbox="899 762 1419 856">May describe why they feel thankful for someone or something.</td></tr> </table>	Younger Preschool	Older Preschool	May point to or name a favorite item or person.	May describe why they feel thankful for someone or something.
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May point to or name a favorite item or person.	May describe why they feel thankful for someone or something.				
<p><b>Activity: Gratitude Circle</b></p> <p>Sit in a circle and ask, “What is something that makes you happy or thankful?” Each child gets a turn to share or pass. Use a sunshine plush or visual cue to help take turns. Celebrate answers with group responses like, “We’re thankful for that too!”</p>					
Resources/Materials <ul style="list-style-type: none"> <li>Sunshine plush or talking stick</li> </ul>	<table> <tr> <td data-bbox="540 1150 878 1295">Key Vocabulary: thankful, happy, share</td><td data-bbox="878 1150 1419 1295">Support:</td></tr> </table>	Key Vocabulary: thankful, happy, share	Support:		
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## Month: June Week: 1 Subject: Student Wellbeing

Day 4	<b>Topic(s)</b>		<b>Foundation(s)</b>
	Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle		<b>SW4.1</b> Demonstrate relationship skills
Indicators			
	<b>Younger Preschool</b>	<b>Older Preschool</b>	
	May repeat kind words modeled by teacher.	May give a compliment to a peer independently.	
Activity: <b>Compliment Circle</b>  Model giving compliments, such as “I like your picture” or “You helped me clean up.” Then invite each child to try one. Children can use sentence starters or visuals to help. Reinforce the idea of making others feel good with our words.			
Resources/Materials ● None		Key Vocabulary: kind, compliment, friend	Support:



## Month: June Week: 1 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b> Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle	<b>Foundation(s)</b> <b>SW2.1</b> Demonstrate self-control
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May close eyes and remain still for short moments.	May describe something they imagined during the activity.
<p>Activity: <b>Imagine a Sunny Day</b></p> <p>Guide children through a brief relaxation story: “Close your eyes and imagine lying in the grass. The sun is warm on your face...” Describe simple, pleasant scenes using summer elements. Afterward, ask what they imagined and how it made them feel.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Calm space</li> <li>• Optional: soft music</li> </ul>	<b>Key Vocabulary:</b> imagine, warm, peaceful	<b>Support:</b>