



## Month: August Week: 2 Subject: Student Wellbeing

Day 1	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW1.1 Demonstrate self-awareness and confidence	
Indicators				
	<b>Younger Preschool</b>		<b>Older Preschool</b>	
	May identify a feeling with support.		May name a feeling and explain why they feel that way.	
Activity: <b>Friendship Circle - Sharing Makes Me Feel...</b>				
Children will sit in a circle and talk about sharing. The teacher will pass around a toy fish and invite each child to finish the sentence, “Sharing makes me feel...” Younger preschoolers may respond with one-word feelings like “happy” or “sad,” while older preschoolers can explain why. This activity helps children recognize and express emotions while practicing speaking in front of peers.				
Resources/Materials <ul style="list-style-type: none"><li>Plush toy fish or puppet</li></ul>		Key Vocabulary: share, happy, feel		Support:



## Month: August Week: 2 Subject: Student Wellbeing

Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW2.1 Demonstrate self-control	
Indicators	<b>Younger Preschool</b>		<b>Older Preschool</b>	
	May blow pretend bubbles with teacher guidance.		May practice deep breathing independently.	
Activity: <b>Bubble Breaths Calm Down</b>  The teacher will model taking a deep breath and blowing out slowly, pretending to blow bubbles. Children will practice breathing in through their nose and out through their mouth. Younger preschoolers will enjoy pretending to blow bubbles, while older preschoolers can control their breathing and count slowly. This activity teaches children a strategy for calming down when upset.				
Resources/Materials <ul style="list-style-type: none"><li>Bubble wand and solution (optional for demonstration)</li></ul>		Key Vocabulary: breathe, calm, slow		Support:



## Month: August Week: 2 Subject: Student Wellbeing

<b>Day 3</b>	<b>Topic(s)</b> Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	<b>Foundation(s)</b> <b>SW4.1</b> Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May place a scale on the fish with support.	May write or dictate a kind word before adding the scale.
<b>Activity: Gratitude Fish</b> The class will create a large poster of a fish. Each day, children will add a paper “scale” with a kind word or action written on it. Younger preschoolers can glue a blank scale, while older preschoolers add a word or sentence with help. Over the week, the fish will be covered in kindness, showing how small actions make a big difference. This builds empathy and group cooperation.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Large paper</li> </ul>	<b>Key Vocabulary:</b> kind, friend, help	<b>Support:</b>



## Month: August Week: 2 Subject: Student Wellbeing

<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	<b>SW1.2</b> Demonstrate identification and expression of emotions
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May point to a picture that shows how they feel.	May describe a time they felt the same way as a character.

### Activity: Feelings Check with Pout-Pout Fish

The teacher will reread parts of *The Pout-Pout Fish and the Mad, Mad Day* and pause to ask children how the fish is feeling. Younger preschoolers will use picture cards to choose a matching emotion. Older preschoolers can explain a time they felt the same way and how they managed it. This activity encourages self-expression and helps children connect literature to their own experiences.

Resources/Materials <ul style="list-style-type: none"> <li>• <i>Pout-Pout Fish</i> book</li> <li>• Emotion cards</li> </ul>	Key Vocabulary: mad, sad, happy	Support:
---	------------------------------------	----------



## Month: August Week: 2 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b> Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	<b>Foundation(s)</b> <b>SW4.1</b> Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May repeat a simple compliment after the teacher.	May create and share their own compliment.
<p>Activity: <b>Compliment Circle - I Caught You Being Kind</b></p> <p>Children will sit in a circle and pass a toy fishing pole. When holding the pole, they must give a compliment to another child using the phrase, "I caught you being kind when..." Younger preschoolers may need teacher prompts, while older preschoolers can think of their own compliments. The class will celebrate acts of kindness and strengthen peer relationships.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Toy fishing pole or stick with string</li> <li>• Compliment prompt cards (optional)</li> </ul>	<b>Key Vocabulary:</b> kind, friend, caught	<b>Support:</b>