



Month: August Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschool May identify a feeling with support.	Older Preschool May name a feeling and explain why they feel that way.

Activity: Friendship Circle - Sharing Makes Me Feel...

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	Key Vocabulary: share, happy, feel	Support:
• Plush toy fish or puppet		



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Day 2	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May blow pretend bubbles with teacher guidance.	May practice deep breathing independently.

Activity: Bubble Breaths Calm Down

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	Key Vocabulary: breathe, calm, slow	Support:
• Bubble wand and solution (optional for demonstration)		

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

Day 3	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool May place a scale on the fish with support.	Older Preschool May write or dictate a kind word before adding the scale.

Activity: Gratitude Fish

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.

Resources/Materials	Key Vocabulary: kind, friend, help	Support:
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**Month: August Week: 2 Subject: Student Wellbeing**

Day 4	Topic(s)	Foundation(s)				
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW1.2 Demonstrate identification and expression of emotions				
Indicators	<table border="1"><thead><tr><th>Younger Preschool</th><th>Older Preschool</th></tr></thead><tbody><tr><td>May point to a picture that shows how they feel.</td><td>May describe a time they felt the same way as a character.</td></tr></tbody></table>	Younger Preschool	Older Preschool	May point to a picture that shows how they feel.	May describe a time they felt the same way as a character.	
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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	Key Vocabulary: mad, sad, happy	Support:
<ul style="list-style-type: none">• <i>Pout-Pout Fish</i> book• Emotion cards		

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

Day 5	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May repeat a simple compliment after the teacher.	May create and share their own compliment.

Activity: Compliment Circle - I Caught You Being Kind

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.

Resources/Materials	Key Vocabulary: kind, friend, caught	Support:
<ul style="list-style-type: none">• Toy fishing pole or stick with string• Compliment prompt cards (optional)		