



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

Day 1	Topic(s)	Foundation(s)
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	<b>SW1.1</b> Demonstrate self-awareness and confidence <b>SW4.1</b> Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May say their own name and recognize familiar peers.	May greet peers or share something about themselves.

### Activity: **Friendship Circle Time**

Begin with a group welcome song and go around the circle sharing names and one thing they like. Encourage children to listen and learn something new about their classmates. This builds confidence and supports relationship development in a familiar setting.

Resources/Materials <ul style="list-style-type: none"> <li>Song lyrics or music</li> <li>Name cards (optional)</li> </ul>	Key Vocabulary: friend, name, share	Support:
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## Month: July Week: 2 Subject: Student Wellbeing

Day 2	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle</td><td><b>SW2.1</b> Demonstrate self-control <b>SW1.2</b> Demonstrate identification and expression of emotions</td></tr></table>		Topic(s)	Foundation(s)	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	<b>SW2.1</b> Demonstrate self-control <b>SW1.2</b> Demonstrate identification and expression of emotions
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### Activity: Yoga - Peaceful Pose Practice

Guide children through basic yoga poses with soft music and gentle breathing. Use calming visuals or a story to guide movements (e.g., “stretch like a palm tree”). Discuss how their bodies feel before and after. This introduces tools for calming down and managing energy.

Resources/Materials <ul style="list-style-type: none"> <li>Yoga mats or towels</li> <li>Calm music or nature sounds</li> </ul>	Key Vocabulary: calm, stretch, quiet	Support:
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<b>Day 3</b>	<table> <tr> <th data-bbox="383 373 899 405">Topic(s)</th><th data-bbox="899 373 1414 405">Foundation(s)</th></tr> <tr> <td data-bbox="383 405 899 594"> Theme: Tropical Treasures  Number: 20  Letter: Ss  Color: Lavender  Shape: Triangle </td><td data-bbox="899 405 1414 594"> <b>SW2.1</b> Demonstrate self-control  <b>SW1.2</b> Demonstrate identification and expression of emotions </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	<b>SW2.1</b> Demonstrate self-control <b>SW1.2</b> Demonstrate identification and expression of emotions
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May chase bubbles and then settle with guidance.	May describe how the bubbles or music make them feel.				
<p>Activity: <b>Bubble Play with Calm Music</b></p> <p>Blow bubbles in a quiet space while calming instrumental music plays. Encourage children to watch and gently pop the bubbles without running. After play, sit in a circle to talk about how they feel. This activity promotes mindfulness and emotional regulation.</p>					
Resources/Materials <ul style="list-style-type: none"> <li>Bubble solution and wands</li> <li>Calm instrumental music</li> </ul>	<table> <tr> <td data-bbox="540 1150 881 1362"> Key Vocabulary:  bubble, soft, relax </td><td data-bbox="881 1150 1422 1362"> Support: </td></tr> </table>	Key Vocabulary: bubble, soft, relax	Support:		
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## Month: July Week: 2 Subject: Student Wellbeing

Day 4	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		SW1.2 Demonstrate identification and expression of emotions SW3.1 Demonstrate conflict resolution	
Indicators	<b>Younger Preschool</b>		<b>Older Preschool</b>	
	May point to cards showing how they feel.		May describe situation that cause certain emotions.	
Activity: <b>Emotion Matching Cards</b> Show illustrated emotion cards (happy, sad, angry, etc.). Ask children to match a card to how they feel or to a story scenario. Discuss how to handle each emotion, such as deep breaths when angry or talking when sad. This builds vocabulary and emotional understanding.				
Resources/Materials <ul style="list-style-type: none"><li>Emotion cards</li><li>Mirror (optional)</li></ul>		Key Vocabulary: happy, sad, angry		Support:



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<b>Day 5</b>	<b>Topic(s)</b> Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	<b>Foundation(s)</b> <b>SW4.1</b> Demonstrate relationship skills <b>SW3.1</b> Demonstrate conflict resolution
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May assist in simple classroom tasks with peers.	May offer help or kind words during play.
<b>Activity: Helping Hands Activity</b>  Talk about ways we help each other at school. Create a chart or mural of “Helping Hands” where children draw or dictate something nice they did for a friend. Reinforce kindness and cooperation throughout the day. This builds empathy and classroom community.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Handprint cutouts or drawing paper</li> <li>• Markers, crayons</li> </ul>	<b>Key Vocabulary:</b> help, kind, friend	<b>Support:</b>