



Month: August Week: 3 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May blow into the pinwheel to make it spin.	May breathe deeply in and out in a controlled pattern.
<p>Activity: Deep Breathing with Pinwheels</p> <p>Give each child a pinwheel and show them how to blow slowly to make it spin. Practice deep breathing by inhaling through the nose and exhaling through the mouth. Discuss how breathing can help us calm down when excited or upset.</p> <p>Older Preschool Challenge: Practice breathing for 5 counts in and 5 counts out without stopping the pinwheel spin.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Pinwheels Space to stand and breathe safely 	breathe, slow, calm	



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Day 2	Topic(s)		Foundation(s)	
	Theme: We’re Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval		SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May wait for a short turn.		May wait for a longer turn and encourage others.	
Activity: Take Turns at the Game Booth				
Set up a simple fair game (bean bag toss, ring toss) and have children line up to play. Emphasize waiting patiently and cheering for friends. Discuss how turn-taking keeps the game fair for everyone.				
Older Preschool Challenge: Keep track of turns on a chart and ensure everyone has had a try.				
Resources/Materials <ul style="list-style-type: none">Fair game setup (e.g., bean bags, rings)Marked throwing line		Key Vocabulary: turn, wait, fair		Support:



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Indicators	Younger Preschool	Older Preschool
	May follow a single safety direction.	May act out multiple safety steps in a sequence.
<p>Activity: Fair Safety Role Play</p> <p>Discuss safety rules for the fair such as staying with an adult, not running in crowded areas, and using rides safely. Role-play different scenarios where children practice safe behavior.</p> <p>Older Preschool Challenge: Create and act out a safety rule not already discussed.</p>		
Resources/Materials <ul style="list-style-type: none"> • Role-play props (tickets, ride signs) • Safety rule chart 	Key Vocabulary: safe, rule, adult	Support:



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Day 4	Topic(s) Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	Foundation(s) SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May say "thank you" or give a gratitude ticket to a friend.	May write or draw something kind for another person.
<p>Activity: Gratitude Tickets (Share Kind Words)</p> <p>Give each child paper "tickets" to decorate and write or draw something kind for a classmate. Encourage children to present their tickets and say the kind words out loud.</p> <p>Older Preschool Challenge: Give a gratitude ticket to someone outside their immediate friend group.</p>		
Resources/Materials <ul style="list-style-type: none"> Paper tickets Crayons or markers 	Key Vocabulary: thank, kind, share	Support:



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Day 5	Topic(s)		Foundation(s)	
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May say one nice thing about a friend.		May describe a way they helped or played with a friend this week.	
Activity: Friendship Circle Recap				
Gather children in a circle to share something they enjoyed with a friend during the week. Encourage them to listen respectfully and clap after each share. Discuss how friends make experiences, like going to the fair, more fun.				
Older Preschool Challenge: Name one way to be a better friend next week and explain how to do it.				
Resources/Materials <ul style="list-style-type: none">Chart paper to record ideas		Key Vocabulary: friend, share, fun		Support: