



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 May blow into the pinwheel to make it spin.	Older Preschool May breathe deeply in and out in a controlled pattern.

Activity: Deep Breathing with Pinwheels

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.

Older Preschool Challenge: Practice breathing for 5 counts in and 5 counts out without stopping the pinwheel spin.

Resources/Materials	Key Vocabulary: breathe, slow, calm	Support:
<ul style="list-style-type: none">• Pinwheels• Space to stand and breathe safely		

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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 May wait for a short turn.	Older Preschool 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	Key Vocabulary: turn, wait, fair	Support:
<ul style="list-style-type: none">• Fair game setup (e.g., bean bags, rings)• Marked throwing line		

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Day 3	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 May follow a single safety direction.	Older Preschool May act out multiple safety steps in a sequence.

Activity: Fair Safety Role Play

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.

Older Preschool Challenge: Create and act out a safety rule not already discussed.

Resources/Materials	Key Vocabulary: safe, rule, adult	Support:
<ul style="list-style-type: none">Role-play props (tickets, ride signs)Safety rule chart		

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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 May say "thank you" or give a gratitude ticket to a friend.	Older Preschool 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> <table border="1"><tr><td>Resources/Materials<ul style="list-style-type: none">• Paper tickets• Crayons or markers</td><td>Key Vocabulary: thank, kind, share</td><td>Support:</td></tr></table>			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	Key Vocabulary: friend, share, fun	Support:
• Chart paper to record ideas		