



Month: July Week: 3 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control	
Indicators	Younger Preschool		Older Preschool	
	May practice waiting their turn or saying “please.”		May remember and use polite words during roleplay.	
Activity: Picnic Manners				
Discuss picnic etiquette like waiting for others, using polite words, and cleaning up. Roleplay scenarios: “What do you say if you want more juice?” or “How do you ask for the blanket?” Encourage children to practice manners, helping them develop self-control and social confidence.				
Resources/Materials <ul style="list-style-type: none">Toy picnic set or pretend foodBlanket for roleplay		Key Vocabulary: please, thank you, wait		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May crawl alongside peers with encouragement.		May cheer on classmates and show excitement.	
Activity: Ant Crawl Race				
Have children pretend to be ants crawling to a picnic blanket. Take turns racing while classmates watch and cheer. This fun, cooperative activity builds self-confidence, encourages encouragement of others, and helps children practice relationship skills in a playful way.				
Resources/Materials <ul style="list-style-type: none">Open floor space or playground area		Key Vocabulary: crawl, fast, cheer		Support:



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<p>Activity: Yoga</p> <p>Lead children in simple yoga poses like “tree,” “butterfly,” or “cat.” Talk about feelings before and after: “How do you feel now?” Practice deep breathing and gentle stretches, helping children develop self-regulation, body awareness, and emotional expression.</p>					
Resources/Materials <ul style="list-style-type: none"> Yoga mats or towels (optional) Calm music 	Key Vocabulary: stretch, calm, breathe				
Support:					



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Day 4	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May point to a feelings chart or use simple words like “happy.”		May describe why they feel a certain way or ask peers about their feelings.	
Activity: Feelings Check-In				
Use a feelings chart or emotion cards to help children identify how they feel at the start of the day. Ask questions like, “What makes you feel happy?” or “How do you feel when you share?” Support children in expressing emotions and recognizing the feelings of others, building empathy and relationships.				
Resources/Materials <ul style="list-style-type: none">Feelings chart or emotion cards		Key Vocabulary: happy, sad, feeling		Support:



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Day 5	Topic(s) Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle	Foundation(s) SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschool	Older Preschool
	May rest quietly on a blanket with guidance.	May relax independently and reflect on their day.
<p>Activity: Cozy Blanket Time</p> <p>Invite children to rest on individual blankets while listening to soft music or nature sounds. Encourage them to reflect on their favorite part of the week's picnic adventures. This quiet time helps children practice self-control, self-awareness, and develop strategies for calming their bodies.</p>		
Resources/Materials <ul style="list-style-type: none"> Blankets Calming music 	Key Vocabulary: quiet, relax, rest	Support: