



Month: July Week: 5 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May copy basic poses with help and stay in their space.	May follow a short flow of movements and describe how it makes them feel.
Activity: <i>Yoga Peaceful Pond Flow</i> Lead children through a gentle yoga sequence inspired by the pond like frog pose, butterfly pose, and resting lily pad pose. Use soft music or nature sounds and encourage children to breathe slowly as they move. Talk about how our bodies feel calm and strong when we stretch and breathe. This activity supports mindfulness, body awareness, and emotional regulation.		
Resources/Materials <ul style="list-style-type: none"> Calm background music 	Key Vocabulary: calm, stretch, breathe	Support:



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Day 2	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May name or point to a friend and share something simple.	May describe a kind action they did or received from a peer.
<p><i>Activity: Friendship Circle Time</i></p> <p>Sit in a circle and invite children to share one nice thing they did for a friend or something kind someone did for them. Use a stuffed animal or “talking stick” to pass around so each child gets a turn. Discuss how being kind helps us build friendships and feel good inside. Wrap up with a group hug or cheer.</p>		
Resources/Materials <ul style="list-style-type: none"> Stuffed animal or talking stick 	Key Vocabulary: friend, kind, share	Support:



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Day 3	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May point to an emotional face and say or mimic the feeling.	May describe a time they felt an emotion and how they handled it.

Activity: *Storytime and Talk*

Use storytime to revisit a book about feelings. Ask children to choose one that shows how they're feeling today and share if they want. Give a short talk about how we can calm our bodies when we feel mad, sad, or excited. Reinforce naming emotions and using self-control tools like breathing or asking for help.

Resources/Materials <ul style="list-style-type: none"> Emotion stones or cards 	Key Vocabulary: happy, mad, calm	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May point to a feelings chart to identify how they feel.	May talk about what made them feel a certain way and what helped them feel better.

Activity: *Feelings Check-In*

Start the day with a classroom “feelings chart” where children place their name or picture under an emotion face. Ask, “How are you feeling today?” and “What do you need if you’re feeling sad or tired?” Offer choices like a quiet corner, a hug, or taking deep breaths. This daily check-in builds emotional vocabulary and supports regulation.

Resources/Materials <ul style="list-style-type: none"> Feelings chart with faces Calming tools (stuffed animal, fidget, pillow) 	Key Vocabulary: feeling, calm, choice	Support:
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Day 5	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschool	Older Preschool
	May move through a few poses and listen for teacher cues.	May complete the full sequence and describe how movement helps them feel better.
<p>Activity: <i>Wilderness Yoga</i></p> <p>Revisit yoga with a wilderness twist, including bear, tree, and mountain poses. Play soft outdoor sounds and encourage slow, steady breathing. Children will stretch their bodies while building awareness of space and emotions. Ask, “How do you feel after doing yoga today?” to help children notice the calming effects.</p>		
Resources/Materials <ul style="list-style-type: none"> Calm forest sounds 	Key Vocabulary: pose, quiet, strong	Support: