



Month: August Week: 1 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	SW2.1 Demonstrate self-control
Indicators	Younger Toddlers	Older Toddlers
	May watch bubbles float.	May blow bubbles with help.

Activity: Blow Bubbles

Give each child a turn to blow bubbles or watch as you blow them. Encourage deep breaths before blowing and model slow, gentle breaths. Let children pop the bubbles and describe what they see. End with a “good job” cheer for calm breathing.

Resources/Materials <ul style="list-style-type: none"> Bubble solution and wands 	Key Vocabulary: blow, slow, pop	Support:
---	------------------------------------	----------



Month: August Week: 1 Subject: Student Wellbeing

Day 2	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		SW4.1 Demonstrate relationship skills	
Indicators	Younger Toddlers		Older Toddlers	
	May smile when prompted.		May smile and wave independently.	
	<p>Activity: Smile & Wave</p> <p>Gather children in a circle and model smiling at a friend. Add a wave to the greeting and encourage them to copy. Practice greeting several friends, changing partners each time. Talk briefly about how smiles and waves make others feel happy.</p>			
Resources/Materials <ul style="list-style-type: none"> Circle time space 		Key Vocabulary: smile, wave, hi		Support:



Month: August Week: 1 Subject: Student Wellbeing

Day 3	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		SW1.2 Demonstrate identification and expression of emotions	
Indicators	Younger Toddlers		Older Toddlers	
	May pat stuffed animal gently with help.		May hold and care for stuffed animal.	
	<p>Activity: Gentle Hands with Stuffed Animal</p> <p>Give each child a stuffed animal and demonstrate gentle touches like patting, hugging, or rocking. Encourage copying the gentle actions. Talk about how gentle hands make friends and toys feel safe. Reinforce with smiles and verbal praise.</p>			
Resources/Materials <ul style="list-style-type: none"> Stuffed animals 		Key Vocabulary: soft, hug, gentle		Support:



Month: August Week: 1 Subject: Student Wellbeing

Day 4	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May roll ball with help.	May pass ball to a friend independently.
<p>Activity: Pass the Ball</p> <p>Have children sit in a circle and roll a ball to a friend when their name is called. Encourage eye contact and a smile during passing. Say “thank you” each time the ball is received. Repeat so everyone gets several turns.</p>		
Resources/Materials <ul style="list-style-type: none"> • Soft ball 	Key Vocabulary: ball, roll, thank	Support:



Month: August Week: 1 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May participate with help.	May give hug or high five independently.

Activity: Group Hug or High Fives

End the week by inviting children to give a group hug or high fives to friends. Model how to give a gentle hug or high five. Encourage everyone to take turns so all friends are included. End with a class cheer.

Resources/Materials • None	Key Vocabulary: hug, high, five	Support:
-------------------------------	------------------------------------	----------