Month: September Week: 1 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence.

Indicators		
	Younger Preschool	**Older Preschool**
	May blow steadily to move a pinwheel with support.	May use slow breathing to calm body when cued.

Activity: **Minty Breath Pinwheels**

Teach "in through the nose, out through the mouth" using pinwheels and a mint scent cue. Practice three calm breaths before transitions and name the feeling afterward ("I feel calmer/ready"). Link to brushing: "Fresh breath, calm body."

Resources/Materials	Key Vocabulary:	Support:
• Pinwheels • Cotton ball with mint extract (sealed in vented bag)	breathe, calm, ready	

Month: September Week: 1 Subject: Student Wellbeing

Day 2	Topic(s)		Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		SW4.1 Demonstrate relationship skills SW1.2 Demonstrate identification and expression of emotions

Indicators		
	Younger Preschool	**Older Preschool**
	May repeat a simple compliment modeled by teacher.	May create an original compliment using feeling words.

Activity: **Compliment Chain**

Model giving a kind tooth-theme compliment ("I like your bright smile"). Each child gives one compliment to a peer; write it on paper "links" and build a class chain to display. Reflect briefly on how compliments make us feel inside.

Resources/Materials	Key Vocabulary:	Support:
● Precut paper strips, stapler/tape ● Marker for dictation ● Chart with feeling faces	compliment, kind, feelings	

Month: September Week: 1 Subject: Student Wellbeing

Day 3	Topic(s)		Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		SW2.1 Demonstrate self-control SW1.2 Demonstrate identification and expression of emotions

Indicators		
	Younger Preschool	**Older Preschool**
	May use a visual cue to take a calming break.	May select a strategy (breath, count to 7, squeeze ball) independently.

Activity: **Calm-Down Corner-Brush It Off**

Set up a cozy space with a small mirror and a toy toothbrush. Teach a quick routine: look in the mirror, name the feeling, do five slow breaths while "brushing away" the big feeling with gentle arm strokes, then rejoin the group when ready.

Resources/Materials ● Small mirror, toy toothbrush ● Calm-down visual card	Key Vocabulary: calm, pause, feeling	Support:

Month: September Week: 1 Subject: Student Wellbeing

Day 4	Topic(s)	Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills.

Indicators		
	Younger Preschool	**Older Preschool**
	May name one person to thank.	May state a reason for gratitude using a simple sentence.

Activity: **Gratitude Tickets**

Provide small "tickets" for children to draw/write one thing they're grateful for (e.g., "Daddy helps me brush"). Collect tickets in a class jar and read a few aloud, highlighting respectful listening.

Resources/Materials	Key Vocabulary:	Support:
● Small paper "tickets," jar ● Crayons/markers	grateful, thank, help	

Month: September Week: 1 Subject: Student Wellbeing

Day 5	Topic(s)		Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		SW4.1 Demonstrate relationship skills SW3.1 Demonstrate conflict resolution.

Indicators		
	Younger Preschool	**Older Preschool**
	May take turns holding a talking piece.	May share one solution for a small problem with a peer.

Activity: **Friendship Circle Recap**

Sit in a circle with a "smile stick" talking piece. Each child shares one favorite moment from the week and, if a challenge came up, a simple solution used (ask a teacher, share, take turns). Celebrate teamwork with a group cheer.

Resources/Materials	Key Vocabulary:	Support:
● "Smile stick" (painted craft stick) ● Visual turn-taking cue	share, turn, solve	