



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	
Indicators	Younger Toddlers		Older Toddlers	
	Takes one slow breath with visual support and watches the pinwheel move.		Uses two to three slow breaths on cue and names “calm” or a preferred feeling word afterward.	
Activity: Minty Breath Pinwheels Play calm music and show “in...out” with your fingers. Walk around the circle holding a small, vented cup with a peppermint-scented cotton ball. Pause by each child so they can take one gentle whiff (no touching faces), then invite them to hold a pinwheel and blow out slowly to make it spin. Repeat the smell (in) → blow (out) pattern two or three times, first slow, then a little faster, labeling the feeling as “calm” and “ready.” Skip the scent for any child who’s sensitive and simply cue “in...out” with the pinwheel instead.				
Resources/Materials <ul style="list-style-type: none">PinwheelsCotton ball with mint extract (sealed in a vented bag)		Key Vocabulary: breathe, calm, ready		Support:



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Day 2	Topic(s) Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	Foundation(s) SW1.1 Demonstrate self-awareness and confidence. SW1.2 Demonstrate identification and expression of emotions.
Indicators	Younger Toddlers Looks at self in a mirror with adult support and imitates simple expressions (smile, surprised).	Older Toddlers Points to own smile, attempts naming a feeling word, and shows a preferred expression on cue.
Activity: Smiles Mirror Time Gather toddlers near a sturdy, child-height mirror and model finding your own smile. Invite children to point to teeth, then copy two faces: “happy” and “silly.” Coach simple language by labeling feelings as they appear (“I see a happy face”). Offer a turn to each child to show a smile and celebrate with claps to build confidence. Close by practicing a gentle “show your smile” cue for transitions.		
Resources/Materials <ul style="list-style-type: none"> • Mirror 	Key Vocabulary: smile, happy, face	Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		SW1.2 Demonstrate identification and expression of emotions. SW4.1 Demonstrate relationship skills.	
Indicators	Younger Toddlers		Older Toddlers	
	Points to “happy” or “sad” when modeled and imitates the face.		Points to “happy” or “sad” when modeled and imitates the face.	

Activity: **Happy/Sad Tooth Cards**

Show two large cards: a smiling tooth and a frowning tooth. Tell tiny stories (“The toy was shared.” “The tower fell.”) and ask children to pick the matching feeling. Encourage copying the face and naming the feeling together. Pair classmates to trade cards and practice a friendly wave or pat to show care. Finish with the class choosing a card to display for “how our class feels now.”

Resources/Materials <ul style="list-style-type: none"> Large “happy tooth” and “sad tooth” cards Small basket for cards 	Key Vocabulary: happy, sad, help	Support:
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Day 4	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		SW4.1 Demonstrate relationship skills. SW2.1 Demonstrate self-control.	
Indicators	Younger Toddlers		Older Toddlers	
	Waits briefly, offers a gentle high-five with guidance.		Initiates turn-taking, gives a soft high-five, and uses a simple word (“please,” “my turn”).	
Activity: Friend High-Five for Smiles Stand in a line or small circle and model a soft, friendly high-five. Practice waiting for a turn by holding up a hand and counting “1-2” before the tap. Prompt children to notice a friend’s smile and say a short kind word (“hi,” “friend”). Call out different partners so everyone participates. End by taking a breath together and waving to the group.				
Resources/Materials ● None required		Key Vocabulary: friend, turn, gentle		Support:



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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 Toddlers		Older Toddlers	
	Holds a talking piece briefly and shares a smile or sound.		Waits for the talking piece, says one favorite moment, and accepts a simple solution cue (“your turn next”).	
Activity: Friendship Circle-Big Smiles Share				
Form a small circle and introduce a “smile stick” talking piece. When holding it, each child shows a big smile and shares one favorite thing (a toy, song, or friend) with a word or gesture. Coach listening bodies by using a quiet hand cue while others share. If two children want the stick at once, model a tiny solution: “You first, then you,” and count to two for the handoff. Close with a class cheer and a group wave.				
Resources/Materials • None required		Key Vocabulary: listen, share, first		Support: