



Month: October Week: 1 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May attempt to place laces in holes or hold a shoe while the teacher demonstrates.	May practice crossing and looping laces to complete a bow with teacher guidance.
Activity: Learning to Tie Shoes Teachers will introduce shoe tying using a large practice shoe board or an actual shoe. Students will first watch a demonstration and then try to follow along. Younger preschoolers may focus on practicing basic hand coordination with laces, while older preschoolers can attempt full shoe tying. Teachers will encourage persistence and celebrate small successes, building confidence as children develop this essential kindergarten readiness skill.		
Resources/Materials <ul style="list-style-type: none"> Large practice shoe board or real shoes with laces 	Key Vocabulary: tie, lace, loop, bow, cross, pull	Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May try pushing buttons through large holes with teacher support.		May button and unbutton independently, helping friends as needed.	
Activity: Buttoning & Unbuttoning				
Teachers will provide shirts, fabric swatches, or dressing boards for children to practice buttoning and unbuttoning. Younger preschoolers will work on finger coordination to push buttons through large holes, while older preschoolers may practice independently and help peers who need support. Teachers will explain how these skills help children get dressed on their own, supporting independence.				
Resources/Materials <ul style="list-style-type: none">Button boards or old shirts with large buttons		Key Vocabulary: button, unbutton, snap		Support:



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Day 3	<table> <tr> <th data-bbox="380 373 899 405">Topic(s)</th><th data-bbox="899 373 1417 405">Foundation(s)</th></tr> <tr> <td data-bbox="380 405 899 594"> Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle </td><td data-bbox="899 405 1417 594"> SW2.1 Demonstrate self-control SW3.1 Demonstrate conflict resolution </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	SW2.1 Demonstrate self-control SW3.1 Demonstrate conflict resolution
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<p>Activity: Pumpkin Breathing</p> <p>Teachers will guide children through a calming breathing exercise called "Pumpkin Breathing." Students will pretend to smell a warm pumpkin pie by breathing in deeply, then blowing out gently as if cooling it off. This will be repeated several times to help children calm their bodies. Teachers will explain how breathing exercises can be used when feeling upset or frustrated.</p>					
Resources/Materials <ul style="list-style-type: none"> Pumpkin candle wax or scent 	<table> <tr> <td data-bbox="545 1188 878 1289">Key Vocabulary: breathe, smell, blow</td><td data-bbox="878 1188 1417 1289">Support:</td></tr> </table>	Key Vocabulary: breathe, smell, blow	Support:		
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Day 4	Topic(s) Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	Foundation(s) SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May say “thank you” or give a simple ticket to a classmate.	May explain why they are thankful and give tickets with reasoning.
Activity: Gratitude Tickets Teachers will introduce the idea of gratitude by explaining that it means being thankful. Each child will receive 2-3 small paper “gratitude tickets” to give to classmates. They can say “thank you” for a kind action or share why they are giving the ticket. Younger preschoolers may simply hand tickets with a smile, while older preschoolers will verbalize their appreciation. Teachers will encourage positive relationships and kindness throughout the activity.		
Resources/Materials <ul style="list-style-type: none"> • Paper tickets (cut slips) • Crayons or markers to decorate tickets 	Key Vocabulary: thank you, grateful, kind	Support:



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Day 5	Topic(s) Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May name a friend or hold hands in a circle.	May share one way they helped or played with a friend during the week.
<p>Activity: Friendship Circle</p> <p>Teachers will gather children in a circle to reflect on their friendships from the week. Each child will have the chance to say one thing they liked about playing with friends or one way they helped someone. Younger preschoolers may respond with single words or names, while older preschoolers may share short sentences. The circle will end with a group cheer or chant celebrating teamwork and friendship.</p>		
Resources/Materials • None	Key Vocabulary: friend, share, help	Support: