



Month: June Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon		SW1.1 Demonstrate self awareness and confidence	
Indicators	Younger Preschool		Older Preschool	
	May use facial expressions or gestures to show emotions.		May name emotions and relate them to situations or experiences.	
Activity: My Feelings Outside				
Invite children to sit quietly outside and notice how they feel. Provide emotion cards and ask them to pick the one that best matches their mood. Then have a short sharing circle where they explain their choice. Extend with drawing or journaling about their outdoor feelings.				
Resources/Materials <ul style="list-style-type: none">Emotion cardsDrawing paper and crayons		Key Vocabulary: happy, calm, outside		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon		SW2.1 Demonstrate self control SW1.2 Demonstrate identification and expression of emotions	
Indicators	Younger Preschool		Older Preschool	
	May follow adult-led breathing and stretching activities.		May self-initiate calming strategies such as breathing.	
Activity: Tree Breathing Practice slow breathing with the image of a tree. Have children stand tall, reach up like branches, and breathe in. As they breathe out, they lower their arms like falling leaves. Repeat several times, encouraging focus on breath and body movement.				
Resources/Materials <ul style="list-style-type: none">Visual tree poster (optional)Quiet outdoor or indoor space		Key Vocabulary: breathe, tree, calm		Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon		SW2.1 Demonstrate self control	
Indicators	Younger Preschool		Older Preschool	
	May use a quiet space when guided by an adult.		May independently choose calming spaces to regulate emotions.	

Activity: Calm Corner Outdoors

Designate a corner of the playground or garden with soft seating, books, and sensory bottles. Teach children how to use the area when they feel overwhelmed or need a break. Model using the space and check in afterward with simple emotion questions.

Resources/Materials <ul style="list-style-type: none"> • Pillows, blankets, or mats • Calm-down visuals • Books or sensory tools 	Key Vocabulary: quiet, safe, rest	Support:
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Month: June Week: 2 Subject: Student Wellbeing

Day 4	Topic(s)		Foundation(s)
	Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon		SW1.1 Demonstrate self awareness and confidence
Indicators			
	Younger Preschool	Older Preschool	
	May repeat affirmations with adult support.	May say affirmations independently and share them with peers.	
Activity: Explorer Affirmations			
Teach short affirmations like “I am brave,” “I try new things,” and “I explore safely.” Have children say them aloud as they do light stretches or pretend to hike. Create a group chant and repeat it together throughout the week to build confidence.			
Resources/Materials <ul style="list-style-type: none">Affirmation cards or postersOutdoor space		Key Vocabulary: brave, try, explore	Support:



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Day 5	Topic(s) Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon	Foundation(s) SW1.1 Demonstrate self awareness and confidence
Indicators	Younger Preschool	Older Preschool
	May express appreciation with words or gestures.	May talk about people or things they are thankful for.
<p>Activity: Garden Gratitude</p> <p>Visit the school garden and talk about things we are thankful for in nature. Have each child share one thing they appreciate and why. Children can draw their gratitude in journals or create a classroom gratitude tree.</p>		
Resources/Materials <ul style="list-style-type: none"> • Clipboards or drawing paper • Markers or crayons 	Key Vocabulary: thankful, garden, share	Support: