



Month: September Week: 3 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May share a simple detail about their family.	May describe a tradition or family activity with confidence.
Activity: Sharing Circle - My Family Traditions Children sit in a circle and take turns sharing something special their family does, such as eating a certain food or celebrating a holiday. The teacher models by sharing their own family tradition first. Each child is encouraged to listen to their peers and celebrate similarities and differences. This activity builds self-confidence and respect for others' cultural practices.		
Resources/Materials • None	Key Vocabulary: family, tradition, share	Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control	
Indicators				
	Younger Preschool		Older Preschool	
	May point to a picture that matches their feelings.		May explain why they feel a certain way.	

Activity: **Emotion Cards - How Does Music Make You Feel?**

Play different types of Hispanic music (salsa, cumbia, mariachi) and show emotion cards (happy, excited, calm). Children choose which card matches how the music makes them feel. The teacher encourages them to explain their choice using simple sentences. This helps children identify emotions and practice expressing them appropriately.

Resources/Materials <ul style="list-style-type: none"> • Emotion cards • Music player with Hispanic music samples 	Key Vocabulary: happy, excited, calm	Support:
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Day 3	Topic(s)		Foundation(s)	
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		SW3.1 Demonstrate conflict resolution SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May participate in simple cooperative play.		May work with a partner to complete an activity.	

Activity: **Partner Dance - Building Friendships**

Children are paired up to learn a simple dance step together, such as clapping hands or moving side to side with the music. They practice cooperating with one another, taking turns leading and following. The teacher emphasizes kindness, patience, and teamwork throughout the activity. By dancing with a partner, children strengthen their social bonds and learn to collaborate in a fun, non-competitive way.

Resources/Materials <ul style="list-style-type: none"> • Music player 	Key Vocabulary: partner, dance, friend	Support:
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Day 4	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May wait a short time for their turn.	May practice turn-taking with peers for longer periods.
Activity: Turn-Taking with Maracas Children sit in a circle and pass maracas around while music plays. Each child gets a short turn to shake the maracas before passing them on. The teacher reinforces patience, reminding children to wait for their turn and to cheer for their friends. This activity encourages impulse control and helps children enjoy playing music together as a group.		
Resources/Materials <ul style="list-style-type: none"> • Maracas or rhythm sticks • Music player 	Key Vocabulary: wait, turn, share	Support:



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Day 5	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschool	Older Preschool
	May answer yes/no when asked if they liked something.	May describe what they enjoyed and explain why.
<p>Activity: Reflection - What Did I Enjoy Learning This Week?</p> <p>The teacher gathers children in a circle to reflect on the week's Hispanic Heritage activities. Each child shares their favorite activity and how it made them feel. The teacher records responses on chart paper, highlighting the variety of experiences. This activity promotes self-awareness, emotional expression, and confidence in speaking to a group.</p>		
Resources/Materials <ul style="list-style-type: none"> Chart paper and markers 	Key Vocabulary: favorite, enjoy, happy	Support: