



Month: June Week: 3 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Let’s Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control	
Indicators				
	Younger Preschool		Older Preschool	
	May copy breathing patterns or calming movements.		May use breathing or movement to calm down.	
Activity: Zoo Breathing				
Teach children calming breaths using animal-themed movements. Try “lion’s breath” (deep inhale, roar it out), “snake breath” (slow hiss), and “elephant breath” (sway arms like a trunk). Guide the class through each breath together. Talk about how animals sometimes need to rest and how we can calm our bodies too.				
Resources/Materials <ul style="list-style-type: none">Visuals of animals		Key Vocabulary: breathe, calm, slow		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills	
Indicators	Younger Preschool		Older Preschool	
	May point to or name how a character or animal feels.		May describe their own feelings and relate to others.	

Activity: **Zoo Feelings**

Show animal pictures showing different emotions (happy monkey, sad elephant, silly zebra). Ask children how they think each animal feels and why. Then talk about how we feel like animals sometimes too "What makes you feel happy like a monkey?" Let children choose a zoo animal to act out and share their emotion with the group.

Resources/Materials <ul style="list-style-type: none"> Animal emotion cards or puppets Feelings chart 	Key Vocabulary: Animal emotion cards or puppets Feelings chart	Support:
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Day 3	Topic(s)		Foundation(s)	
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control	
Indicators	Younger Preschool		Older Preschool	
	May try one or two poses and enjoy body awareness.		May hold poses and practice focus.	

Activity: **Animal Yoga**

Lead the class through simple animal yoga poses like cobra (snake), cat/cow (jungle cats), downward dog, frog jump, and butterfly. Use calm music and dim lights if possible. Remind children how stretching and breathing helps us feel strong and focused—just like animals preparing for the day.

Resources/Materials <ul style="list-style-type: none"> Yoga cards or posters Calm background music 	Key Vocabulary: stretch, pose, strong	Support:
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Day 4	Topic(s)	Foundation(s)
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May name one thing they like or are thankful for.	May describe how something makes them feel and why they appreciate it.

Activity: **Thankful Zoo**

Pass around a stuffed animal or toy and take turns sharing something each child is thankful for at school or in life. Write their answers on a large "Thankful Zoo" chart. Discuss how being thankful helps our hearts feel happy. Encourage them to draw what they're thankful for later in the day.

Resources/Materials <ul style="list-style-type: none"> • Chart paper and markers • Stuffed animal for turn-taking 	Key Vocabulary: thank you, happy, share	Support:
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Month: June Week: 3 Subject: Student Wellbeing

Day 5	Topic(s) Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square	Foundation(s) SW3.1 Demonstrate conflict resolution
Indicators	Younger Preschool	Older Preschool
	May notice or copy kind behavior.	May identify and describe kind actions.
<p>Activity: Kind Safari</p> <p>Go on a “Kindness Safari” around the classroom. Give children binoculars (real or pretend) and ask them to look for acts of kindness, like sharing, helping, or using kind words. Celebrate what they find and discuss how kindness helps our classroom feel like a safe zoo. Finish with a group cheer for the “Kind Kid of the Day.”</p>		
Resources/Materials <ul style="list-style-type: none"> Safari hats or pretend binoculars Kindness chart or checklist 	Key Vocabulary: kind, help, friend	Support: