



## Month: October Week: 3 Subject: Student Wellbeing

<b>Day 1</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>SW1.2</b> Demonstrate identification and expression of emotions  <b>SW2.1</b> Demonstrate self-control
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May name things they don't like to do and show simple feelings (sad, mad, happy).	May suggest strategies for how to handle challenges or things they don't enjoy.

### Activity: **Overcoming Challenges**

Children will talk about things they don't like to do or that feel "too hard" (tying shoes, cleaning up, sharing). Teachers will help them connect these challenges to the excavator in the story who didn't want to dig. Younger preschoolers may use emotion cards to show how they feel. Older preschoolers will brainstorm ways to make hard things easier, such as asking for help, practicing, or taking turns.

<b>Resources/Materials</b>	<b>Key Vocabulary:</b>	<b>Support:</b>
<ul style="list-style-type: none"> <li>Emotion cards or pictures</li> <li>Chart paper to list strategies</li> </ul>	challenge, hard, easy, try, help	



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<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>SW1.1</b> Demonstrate self-awareness and confidence  <b>SW4.1</b> Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May practice buttoning with large buttons or velcro on dressing boards.	May button and unbutton shirts or vests independently and help peers.

**Activity: Buttoning & Dressing Practice**

Children will practice putting on construction vests, jackets, or shirts with buttons and velcro. Younger preschoolers will focus on the fine-motor skill of pushing buttons through holes. Older preschoolers will be challenged to dress themselves completely, tie simple knots, or assist a friend who needs help. Teachers will encourage teamwork and celebrating each child's effort, building confidence in personal care.

<b>Resources/Materials</b>	<b>Key Vocabulary:</b>	<b>Support:</b>
<ul style="list-style-type: none"> <li>Button boards, shirts, vests, jackets</li> </ul>	button, zip, dress, try, help	



**Month: October Week: 3 Subject: Student Wellbeing**

<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>SW1.1</b> Demonstrate self-awareness and confidence  <b>SW2.1</b> Demonstrate self-control
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May lace shoestrings through holes with support.	May tie shoelaces independently using step-by-step practice.

**Activity: Shoe Tying Practice**

Children will practice lacing and tying shoes. Younger preschoolers may work on threading laces through holes on a large model shoe. Older preschoolers will follow step-by-step instructions to tie laces, practicing the loops and knot. Teachers will celebrate progress and persistence, reminding children that learning new skills takes time and patience.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Lacing boards, practice shoes with large laces</li> <li>Real shoes for older preschoolers</li> </ul>	<b>Key Vocabulary:</b> lace, tie, knot, bow, loop	<b>Support:</b>
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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>SW2.1</b> Demonstrate self-control  <b>SW3.1</b> Demonstrate conflict resolution  <b>SW4.1</b> Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May share tools briefly and wait for their turn with teacher support.	May explain fair ways to take turns and resolve small disagreements.

**Activity: Turn-Taking with Tools**

Children will use toy construction tools, blocks, or cones in small groups. Younger preschoolers will practice passing tools and waiting for their turn. Older preschoolers will discuss and practice strategies for taking turns, such as using a timer, asking politely, or sharing tasks. Teachers will highlight cooperation as a way to “build together.”

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Toy tools, blocks, cones</li> </ul>	<b>Key Vocabulary:</b> share, wait, turn, fair, together	<b>Support:</b>
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**Month: October Week: 3 Subject: Student Wellbeing**

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>SW1.2</b> Demonstrate identification and expression of emotions  <b>SW3.1</b> Demonstrate conflict resolution
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May point to a picture or face showing how they feel when their building falls down.	May explain how they feel and suggest calming strategies or rebuilding.
<p>Activity: <b>Emotions in Building</b></p> <p>Children will build block towers and then gently knock them over. Younger preschoolers will identify how they feel when their tower falls (happy, sad, mad, silly). Older preschoolers will discuss ways to handle frustration, such as taking a deep breath, rebuilding, or asking a friend for help. Teachers will guide children in expressing emotions and problem-solving, reinforcing resilience.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>• Building blocks</li> <li>• Emotion cards or mirrors</li> </ul>	happy, sad, mad, rebuild, calm	