



Month: October Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	Recognizes and names simple emotions (happy, sad).	Expresses emotions using words or gestures.

Activity: **Feelings in the Garden**

Show pictures of plants in different conditions—bright and watered vs. droopy and dry. Ask, “How do you think the plants feel?” Then relate it to people: “When we get care, we feel happy too!” Invite toddlers to act out emotions - stretching like a happy flower or drooping like a tired one. Reinforce the idea that care helps both plants and people grow and feel good.

Resources/Materials <ul style="list-style-type: none"> • Photos of healthy and wilting plants • Mirror or emotion cards • Chart labeled “How Do We Feel Today?” 	Key Vocabulary: happy, sad, tired	Support:
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Day 2	Topic(s)	Foundation(s)
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	SW4.1 Demonstrate relationship skills SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	Participates in daily routines with help.	Takes turns and helps care for a classroom plant.

Activity: **Helping Water the Class Plant**

Show children the classroom plant and discuss how it needs water to stay healthy. Give each child a turn to pour or spray water with supervision. Encourage them to use gentle hands and say, "I'm helping the plant grow!" Celebrate their efforts by clapping after everyone has a turn. This routine encourages empathy, patience, and responsibility.

Resources/Materials <ul style="list-style-type: none"> Classroom plant Small watering cans or spray bottles Towels for cleanup 	Key Vocabulary: water, grow, help	Support:
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Day 3	Topic(s)		Foundation(s)	
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		SW4.1 Demonstrate relationship skills SW2.1 Demonstrate self-control	
Indicators	Younger Toddlers		Older Toddlers	
	Begins to wait for a turn with guidance.		Shares materials or toys with peers during activities.	

Activity: **Taking Turns with Tools**

Provide a set of toy gardening tools such as shovels, rakes, and watering cans. Model how to use each tool gently, then explain that everyone gets a turn. Use simple phrases like “Your turn” and “My turn.” Praise toddlers when they share or wait patiently, reinforcing positive social behavior and emotional control.

Resources/Materials <ul style="list-style-type: none"> • Toy garden tools • Pretend soil or sensory filler • Timer or turn-taking song 	Key Vocabulary: share, turn, wait	Support:
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Day 4	Topic(s)		Foundation(s)	
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		SW2.1 Demonstrate self-control SW3.1 Demonstrate conflict resolution	
Indicators	Younger Toddlers		Older Toddlers	
	Waits briefly with support during routines.		Uses simple words or gestures while waiting for a turn.	
Activity: Patience Practice - Waiting to Water				
Explain that plants need water every day, but only one friend can water at a time. Have toddlers line up and wait to water the plant while singing a short song like “Grow, Grow, Grow.” Encourage deep breaths or hand motions to help them stay calm while waiting. This practice connects self-regulation to real-life experiences.				
Resources/Materials <ul style="list-style-type: none">Classroom plantWatering can or spray bottleSong or soft background music		Key Vocabulary: wait, calm, turn		Support:



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Day 5	Topic(s) Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	Smiles or claps when recognized for participation.	Expresses pride and shares what they enjoyed learning.
<p>Activity: Proud Gardeners Celebration</p> <p>Review what the class learned about plants during the week. Look at photos or artwork created (leaf prints, wreaths) and talk about how everyone helped the plants grow. Invite toddlers to share their favorite activity or hold up something they made. End with a short dance party to the “Farmer Plants the Seeds” song to celebrate their hard work and growth as “Pride Academy Gardeners.”</p>		
Resources/Materials <ul style="list-style-type: none"> • Music player • Artwork or plant photos • Stickers or small certificates (optional) 	Key Vocabulary: proud, happy, grow	Support: