



Month: October Week: 5 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May identify or point to a feeling using pictures or gestures.	May name a feeling and share a simple reason for feeling that way.
<p>Activity: Feelings Review Begin with a quick check-in using feeling pictures or mirrors. Model naming a feeling and a reason (“I feel proud because I tried my best”). Children draw a pumpkin face to show their feeling today and, as able, tell why. Teachers scribe children’s words to capture their ideas.</p>		
Resources/Materials • Feelings cards or mirrors • Paper, crayons/pencils	Key Vocabulary: • feeling • happy • sad • mad • scared • calm	Support:



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Day 2	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschool	Older Preschool
	May show or tell something they can do now with a picture or gesture.	May describe a new skill and how they practiced or kept trying.
<p>Activity: Confidence Wall</p> <p>Brainstorm things we can do now that were hard before. Create an “I can...” wall. Children draw themselves doing one skill (zipping, sharing, writing name). Teachers scribe a short ‘I can...’ sentence for each child and celebrate efforts.</p>		
Resources/Materials • Sentence strips or small cards	Key Vocabulary: • proud • try • practice • can • goal	Support:



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Day 3	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May imitate slow breathing with a visual cue (in through nose, out through mouth).	May use breathing to feel calm and describe how their body feels before and after.

Activity: Mindful Breathing with Pumpkins

Teach a simple breathing routine: trace around a small pumpkin—inhale going up, exhale going down. Practice together, then invite children to draw a ‘peace picture’ after breathing. Briefly share how calm bodies help us learn and play.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> • Small pumpkin or pumpkin picture • Calming music (optional) • Paper, crayons/pencils 	<ul style="list-style-type: none"> • breathe • slow • calm • in • out 	



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Day 4	Topic(s)	Foundation(s)
	Review Week	SW3.1 Demonstrate conflict resolution SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May name or point to someone they appreciate using words or gestures.	May state a reason to thank someone and share it with the group.
Activity: Thank-You Circle Hold a gratitude circle with a talking piece. Each child thanks someone in class or at home and, as able, shares a reason. Children draw the person they thanked and the kind action they noticed.		
Resources/Materials • Talking stick or classroom object • Chart paper for a gratitude list • Paper, crayons/pencils	Key Vocabulary: • thank you • kind • helpful • share • appreciate	Support:



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Day 5	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills SW3.1 Demonstrate conflict resolution
Indicators	Younger Preschool	Older Preschool
	May take turns and show a kind act during a simple cooperative activity.	May describe a kind act they did or received and how it made them feel.
<p>Activity: Friendship Celebration</p> <p>Play a short cooperative game (roll and pass, partner build) that highlights teamwork. After, children draw or dictate one kind act they did or received this month. Share and celebrate friendships in a closing circle.</p>		
Resources/Materials <ul style="list-style-type: none"> • Simple cooperative game materials (ball, blocks) • Paper, crayons/pencils 	Key Vocabulary: <ul style="list-style-type: none"> • friend • kind • share • take turns • together 	Support: