



Month: March Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschoolers	Older Preschoolers
	Try different bug yoga poses and describe how they feel.	Hold yoga poses for a longer time, practice deep breathing, and describe how movement helps them feel calm.

Activity: *Bug Yoga Poses & Mindful Movement*

Children will **pretend to be different bugs** while practicing yoga poses. The teacher will introduce poses like:

- **Butterfly Pose** (sitting with feet together, flapping knees like wings)
- **Caterpillar Stretch** (reaching forward like a crawling caterpillar)
- **Bee Breath** (deep breaths while humming like a bee)

Younger preschoolers will focus on **copying the movements**, while **older preschoolers** will practice holding each pose while taking deep breaths. The teacher will ask, *How does your body feel when you move like a bug? How does stretching help us feel calm?*

Resources/Materials: <ul style="list-style-type: none"> ● Visual cards of bug yoga poses 	Key Vocabulary: Stretch Calm Breathe	Support:
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Day 2	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschoolers	Older Preschoolers
	Work together to “plant” a classroom garden by sharing materials.	Discuss how teamwork helps things grow and solve small conflicts when working together.

Activity: *Building a Teamwork Garden*

Children will work together to **create a pretend garden** using paper flowers, leaves, and soil (colored paper or sensory bin). The teacher will guide them in **sharing materials, taking turns, and helping each other “plant” the garden.**

Younger preschoolers will focus on taking turns and helping their friends. **Older preschoolers** will discuss **why working together is important** and practice problem-solving when sharing materials. The teacher will reinforce teamwork by asking, *How can we help each other in the garden? How does working together make things better?*

Resources/Materials <ul style="list-style-type: none"> • Construction paper (fruits & veggies) • Flowers • Sensory bin with soil/beans or shredded paper • Small toy garden tools 	Key Vocabulary: Share Help Team	Support: 
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Day 3	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschoolers	Older Preschoolers
	Recognize different types of weather and match clothes to the correct season.	Discuss how clothing choices affect how they feel (warm, cool, comfortable).

Activity: *What to Wear? Weather & Clothing Matching*

The teacher will **introduce different types of weather** (sunny, rainy, snowy) and ask, *What do we wear in each kind of weather?* Children will look at pictures of **jackets, boots, hats, raincoats, and summer clothes**, deciding which ones match different weather conditions.

After the discussion, children will complete the **Clothes We Wear in Different Seasons Worksheet** by **matching clothes to the correct type of weather**.

Older preschoolers will be asked to explain **why** they chose certain clothing and discuss how being too **hot or cold** affects their emotions (e.g., *How do you feel when you wear a jacket on a hot day?*).

Resources/Materials <ul style="list-style-type: none"> • Clothes We Wear in Different Seasons Worksheet • Picture cards of different clothing & weather 	Key Vocabulary: Hot Cold Wear	Support: Name: _____ Clothes We Wear In Different Seasons Match the appropriate clothes to the different weather. 
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Day 4	Topic(s)	Foundation(s)
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	Review Week	SW2.1 Demonstrate self-control
Indicators	Younger Preschoolers	Older Preschoolers
	Practice kind words and recognize how kindness makes others feel good.	Give examples of kind actions and discuss how being kind helps build friendships.
<p>Activity: <i>Kindness Feathers & Giving Compliments</i></p> <p>The teacher will explain how kind words and actions help others feel happy, just like feathers help birds stay warm and safe. Each child will receive a paper feather and think of a kind word or action to say to a friend (e.g., <i>"I like how you helped me today."</i>).</p> <p>Younger preschoolers will focus on saying kind words, while older preschoolers will write or draw a kind action on their feather. All feathers will be collected to create a Kindness Bird Display in the classroom.</p>		
Resources/Materials <ul style="list-style-type: none"> • Paper feathers • Markers or crayons • Picture of a bird for a class display 	Key Vocabulary: Kind Friend Help	Support:

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Day 5	Topic(s)	Foundation(s)
	Review Week	SW3.1 Demonstrate conflict resolution



Indicators	Younger Preschoolers	Older Preschoolers
	Recognize spring-related words through a fun game.	Practice listening skills and taking turns while playing a group game.

Activity: *Spring Bingo Game*

Each child will receive a **Spring Bingo card** with pictures of **spring-related items** (e.g., butterflies, kites, raincoats, flowers).

- **Younger preschoolers:** The teacher will **say the word** (e.g., "*Find a butterfly!*"), and children will mark it with a dot marker or chip.
- **Older preschoolers:** The teacher will read **clue cards** describing the item ("*I am an insect with black spots. I might land on your hand!*" → *Ladybug*), and children will guess and mark the correct picture.

The game encourages **taking turns, listening, and recognizing spring-related vocabulary** while reinforcing **positive social interaction**.

<p>Resources/Materials</p> <ul style="list-style-type: none"> ● Spring Bingo cards ● Bingo calling cards with clues ● Bingo markers or chips 	<p>Key Vocabulary:</p> <p>Listen Turn Guess</p>	<p>Support:</p>
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