



Month: December Week: 1 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW1.1 Demonstrate self awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschool	Older Preschool
	May choose a gingerbread face that matches how they feel and name a simple emotion with support.	May choose a gingerbread face, name the emotion, and give a short reason for why they feel that way.
<p>Activity: Feelings Check-In: Gingerbread Faces</p> <p>Gather children in a circle and show a set of gingerbread faces displaying different emotions (happy, sad, mad, surprised, proud, etc.). Briefly review each feeling word and what it might look like on our faces and bodies. Invite each child to pick the gingerbread face that matches how they feel today and place it next to their name or picture on a feelings chart. Give a few children a chance to share their feeling and a short reason if they wish. Refer back to the chart during the day to check in with children and model coping strategies when big feelings show up.</p>		
Resources/Materials <ul style="list-style-type: none"> • Gingerbread feelings face cards or magnets • Student name/picture cards and feelings check-in chart 	Key Vocabulary: feeling, happy, sad	Support:



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Day 2	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW2.1 Demonstrate self control SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May practice waiting briefly for a turn with adult support and simple reminders.	May use words to ask for a turn, wait appropriately, and give a turn to a peer.
<p>Activity: Ask–Wait–Turn at the Bakery</p> <p>Introduce the idea that Gingy’s Bakery is a busy place and everyone needs to take turns with favorite items like trays and cookie cutters. Teach a simple script: “Ask, Wait, Turn”—first we ask politely, then we wait, and then we get a turn. Role-play a few short bakery scenes with puppets or volunteers showing both grabbing and using the Ask–Wait–Turn strategy. Then open the dramatic play center and coach children to use the script while they play, gently prompting and praising them when they remember to ask and wait. Gather at the end to reflect on how taking turns helped everyone enjoy the bakery.</p>		
Resources/Materials <ul style="list-style-type: none"> Gingy’s Bakery dramatic play props (signs, trays, pretend cookies) Ask–Wait–Turn visual cue card or mini-poster 	Key Vocabulary: ask, wait, turn	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW2.1 Demonstrate self control SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschool	Older Preschool
	May imitate simple breathing movements with support and notice feeling calmer afterward.	May participate in a short breathing routine and begin to say when they might use it to calm down.

Activity: Calm Breathing with Gingerbread Smells

Explain that sometimes we feel wiggly or upset, and taking slow breaths can help our bodies calm down. Introduce a “gingerbread breath” by holding a scented cotton ball or spice jar (ginger/cinnamon) near your nose and slowly breathing in to “smell the cookies,” then breathing out through your mouth to “blow on the cookies to cool them.” Practice several rounds together, counting to three on each inhale and exhale. Give children a chance to try the gingerbread breath at their spots, then ask how their bodies feel. Remind them that they can use gingerbread breathing anytime they need to feel calm.

Resources/Materials <ul style="list-style-type: none"> Gingerbread-scented cotton balls in small cups or jars of ground ginger/cinnamon (sealed but vented) Calm breathing visual card (smell the cookies / blow on the cookies) 	Key Vocabulary: calm, breathe, smell	Support:
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Day 4	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW3.1 Demonstrate conflict resolution SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May repeat simple kind phrases to peers when prompted by an adult.	May create their own short compliment or kind message and share it with a peer.
<p>Activity: Kind Words Cookie Compliments</p> <p>Talk with children about how kind words can make others feel happy and safe, just like sharing a sweet cookie. Show paper gingerbread cookies and model a few simple compliments (“You are a good helper,” “I like playing with you”). Invite each child to choose a classmate’s name and dictate or attempt to write a short compliment on a gingerbread cookie cut-out. During circle time, pass out the “cookie compliments” so children can deliver them to their classmates and say the kind words aloud. End by noticing how faces and bodies look when we give and receive kindness.</p>		
Resources/Materials <ul style="list-style-type: none"> • Paper gingerbread cookie cut-outs • Class list/name cards • Kind words/compliment sentence-starter chart 	Key Vocabulary: kind, share, friend	Support:



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Day 5	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW1.1 Demonstrate self awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May name one person or thing they are thankful for with adult support.	May share a short reason why they feel thankful and listen respectfully to peers.
<p>Activity: Gratitude Circle: Sweet Thank-You's</p> <p>Gather children in a circle and explain that today they will think about things that make their hearts feel warm, like sweet gingerbread. Pass around a small gingerbread plush or picture as a talking piece; when a child is holding it, they share something or someone they are thankful for at school or home. Record a few responses on a "Sweet Thank-You's" chart with simple drawings or words. Close by reading the chart back to the class and encouraging children to say "thank you" to someone special during the day.</p>		
Resources/Materials <ul style="list-style-type: none"> • Gingerbread plush toy or laminated picture (talking piece) • Sweet Thank-You's gratitude chart on chart paper 	Key Vocabulary: thankful, share, circle	Support: