



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 Toddlers May choose or point to a gingerbread face and use a word, sign, or gesture to show how they feel.	Older Toddlers May name a feeling (happy, sad, mad) and give a short reason (“sad mom,” “happy play”).
	Activity: Gingerbread Feelings Faces Check-In Sit in a small circle and show toddlers a set of gingerbread faces with different emotions (happy, sad, mad, surprised). Name each feeling and briefly act it out with your face and body, inviting children to copy you. Then ask each child to choose a gingerbread face that matches how they feel today and place it near their name or photo on a simple chart. Give a few children the chance to tell or show why they picked that feeling. Refer back to the chart during the day to check in and support children’s emotions.	
Resources/Materials <ul style="list-style-type: none"> • Gingerbread emotion face cards or magnets • Child name/photo cards and simple feelings chart 	Key Vocabulary: happy, sad, mad	Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus		SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills	
Indicators	Younger Toddlers		Older Toddlers	
	May wait briefly for a turn with adult support and reminders.		May use simple words (“my turn,” “your turn”) and give a toy to a peer when prompted.	

Activity: Taking Turns at the Bakery

Explain that in Gingy’s Bakery, everyone shares the special tools like trays and cookie cutters. Show two or three favorite bakery items and model a short turn-taking routine: one child uses the item while a friend waits with you, then you say “Now it’s your turn” and help them switch. Practice this slowly with a few children at the table, using simple phrases like “my turn, your turn.” During bakery play later, stay nearby to coach children to use these words and praise them when they share nicely.

Resources/Materials <ul style="list-style-type: none"> Gingy’s Bakery dramatic play props (trays, pretend cookies, cookie cutters) Small “My Turn / Your Turn” visual card (optional) 	Key Vocabulary: turn, share, wait	Support:
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Day 3	<table> <tr> <th data-bbox="375 369 899 405">Topic(s)</th><th data-bbox="899 369 1414 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 632"> Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus </td><td data-bbox="899 405 1414 632"> SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
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Activity: Smell & Breathe - Gingerbread Calm Time

Tell children they will practice a gingerbread breath to help their bodies feel calm. Hold up a small cup with gingerbread-scented cotton (or spice jar) and say, “Smell the cookie,” taking a slow breath in, then “Blow on the cookie to cool it,” breathing out. Practice a few times as a group, letting each child take a turn holding the cup while you guide the breaths. Afterward, ask them if their bodies feel “fast” or “slow” and remind them that they can use gingerbread breaths when they feel upset or wiggly.

Resources/Materials <ul style="list-style-type: none"> • Small cups with gingerbread-scented cotton balls or spice jars (ginger/cinnamon, vented) • Simple calm-breathing visual (smell cookie / blow on cookie) 	Key Vocabulary: calm, smell, breathe	Support:
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Day 4	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW3.1 Demonstrate conflict resolution SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May copy “gentle hands” motions and repeat short kind phrases with support.	May tell or show one gentle action (soft touch, share toy) and say a simple nice word to a peer.

Activity: Gentle Hands & Kind Words Cookies

Show a picture of a gingerbread cookie with “gentle hands” and “kind mouth.” Model gentle hands by softly patting a stuffed animal and then not-gentle hands by tapping too hard, asking children which one is right for friends. Do the same with words, using “no” vs. “please.” Give each child a paper gingerbread cookie and invite them to add stickers or marks while you talk about ways to use gentle hands and kind words. End by choosing one or two children to demonstrate a gentle touch or kind word to a friend and praise the behavior.

Resources/Materials <ul style="list-style-type: none"> Paper gingerbread cookie cutouts Small stickers or dot markers Stuffed animal or doll for gentle-hands demo 	Key Vocabulary: gentle, kind, friend	Support:
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Day 5	Topic(s)		Foundation(s)	
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators	Younger Toddlers		Older Toddlers	
	May hold the talking piece and smile, nod, or say a name when prompted.		May say “thank you” to someone or name one thing they like at school or home.	

Activity: Sweet Thank-You Circle

Gather toddlers in a circle and explain that they will pass a gingerbread picture or plush and say “thank you” when it is their turn. Model by holding the gingerbread and saying, “Thank you for playing with me,” or “Thank you for my teacher.” Hand the gingerbread to each child in turn and support them to say “thank you” to a person, toy, or activity they like. Keep the sharing quick and positive, and end by clapping for everyone’s “sweet thank-yous” together.

Resources/Materials <ul style="list-style-type: none"> Small gingerbread plush or laminated gingerbread picture (talking piece) 	Key Vocabulary: thank you, share, circle	Support:
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