



Month: November Week: 3 Subject: Student Wellbeing

| Day 1 | Topic(s) | Foundation(s) |
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| | Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control |
| Indicators | Younger Toddlers | Older Toddlers |
| | May point to a face that shows how they feel about worms or garden play. | May name their feeling and match it to a color or picture card. |

Activity: “Feelings Faces: Happy/Unsure/Nope”

Show three big emotion faces - **happy**, **unsure**, and **nope** (sad/scared). Ask, “How do you feel about worms?” Encourage pointing or saying a word, then place their name card under the matching face. Sing a short “Feelings Song” to remind everyone all feelings are okay. End with a deep breath and quiet hands.

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| Resources/Materials <ul style="list-style-type: none"> Large laminated feeling face cards Name cards | Key Vocabulary: happy, unsure, feel | Support: |
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| Day 2 | Topic(s) | | Foundation(s) | | |
| | Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | | SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills | | |
| Indicators | | | | | |
| | Younger Toddlers | | Older Toddlers | | |
| | May give a toy to a peer with the teacher's cue. | | May trade or share a toy with a friend and wait for a turn. | | |
| Activity: “Share & Trade Toy Routine” | | | | | |
| Model a simple routine: Ask - Wait - Trade - Say Thank You . Use two favorite classroom toys and practice trading. Encourage short phrases like “My turn?” or “Here you go.” Praise gentle hands and calm voices. Repeat several rounds to make sharing fun and predictable. | | | | | |
| Resources/Materials <ul style="list-style-type: none">Two sets of favorite classroom toys | | Key Vocabulary: share, wait, trade | | Support: | |



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| Day 3 | <table> <tr> <th data-bbox="375 369 899 405">Topic(s)</th><th data-bbox="899 369 1422 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 636"> Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone </td><td data-bbox="899 405 1422 636"> SW2.1 Demonstrate self-control </td></tr> </table> | Topic(s) | Foundation(s) | Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | SW2.1 Demonstrate self-control |
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| Topic(s) | Foundation(s) | | | | |
| Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | SW2.1 Demonstrate self-control | | | | |
| Indicators | <table> <tr> <th data-bbox="375 735 899 793">Younger Toddlers</th><th data-bbox="899 735 1422 793">Older Toddlers</th></tr> <tr> <td data-bbox="375 793 899 894">May follow a short start–stop cue with the music.</td><td data-bbox="899 793 1422 894">May stop on cue, breathe, and return to sitting calmly.</td></tr> </table> | Younger Toddlers | Older Toddlers | May follow a short start–stop cue with the music. | May stop on cue, breathe, and return to sitting calmly. |
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| May follow a short start–stop cue with the music. | May stop on cue, breathe, and return to sitting calmly. | | | | |
| <p>Activity: “Calm Wiggles Start–Stop”</p> <p>Play upbeat music and invite children to wiggle like worms, then pause the music for freeze and breathe. Use a short count “1-2-3 calm” to guide stillness. Repeat several rounds, then stretch arms long and end with a calm high-five for self-control.</p> | | | | | |
| Resources/Materials <ul style="list-style-type: none"> Music player with start/stop button | <table> <tr> <td data-bbox="540 1182 881 1295">Key Vocabulary: start, stop, call</td><td data-bbox="881 1182 1422 1295">Support:</td></tr> </table> | Key Vocabulary: start, stop, call | Support: | | |
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| Day 4 | Topic(s) | Foundation(s) |
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| | Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | SW4.1 Demonstrate relationship skills |
| Indicators | Younger Toddlers | Older Toddlers |
| | May place one link/sticker on the chain when using kind hands. | May tell about a kind action while adding a chain link. |

Activity: “Kind Hands Sticker Chain”

Explain that every time someone uses **kind hands** - helping, gentle touch, sharing - you’ll add a sticker link to the class chain. Each time a kind act is spotted, pause to name it (“I saw Liam helping!”). At the end of the day, count links together and hang the chain in the classroom.

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| Resources/Materials <ul style="list-style-type: none"> • Pre-cut paper chain strips • Stickers or stapler/tape • “Kind Hands” sign | Key Vocabulary: kind, help, hands | Support: |
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| Day 5 | Topic(s) Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone | Foundation(s) SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills |
| Indicators | Younger Toddlers | Older Toddlers |
| | May say or sign thank you to one friend. | May sing short thank-you phrases and name someone they appreciate. |
| <p>Activity: “Thank-You Song Circle”</p> <p>Sit in a circle and introduce a simple thank-you song (“Thank you, friend, you helped me today”). Pass a soft garden toy or plush bee - whichever person holds it names one person they thank, then everyone sings the line. End with a big group cheer for friendship and caring.</p> | | |
| Resources/Materials <ul style="list-style-type: none"> • Soft garden plush (bee, worm, or flower) • Thank-you song lyrics chart (optional) | Key Vocabulary: thank, friend, happy | Support: |