



Month: November Week: 3 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	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.

Resources/Materials	Key Vocabulary: happy, unsure, feel	Support:
<ul style="list-style-type: none">Large laminated feeling face cardsName cards		



Month: November Week: 3 Subject: Student Wellbeing

Day 2	Topic(s) Theme: Wiggly Worms & Garden Friends Number: 16 Letter: L1 Color: Gold Shape: Cone	Foundation(s) SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills
Indicators		
	Younger Toddlers May give a toy to a peer with the teacher's cue.	Older Toddlers 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 ● Two sets of favorite classroom toys	Key Vocabulary: share, wait, trade	Support:
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Day 3	Topic(s)	Foundation(s)				
	<p>Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone</p>	SW2.1 Demonstrate self-control				
Indicators	<table border="1"><thead><tr><th>Younger Toddlers</th><th>Older Toddlers</th></tr></thead><tbody><tr><td>May follow a short start-stop cue with the music.</td><td>May stop on cue, breathe, and return to sitting calmly.</td></tr></tbody></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.					

Activity: "Calm Wiggles Start-Stop"

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.

Resources/Materials	Key Vocabulary: start, stop, call	Support:
<ul style="list-style-type: none">Music player with start/stop button		



Month: November Week: 3 Subject: Student Wellbeing

Day 4	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	SW4.1 Demonstrate relationship skills
Indicators		
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.

Resources/Materials	Key Vocabulary: kind, help, hands	Support:
<ul style="list-style-type: none">Pre-cut paper chain stripsStickers or stapler/tape“Kind Hands” sign		

**Month: November Week: 3 Subject: Student Wellbeing**

Day 5	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	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.

Activity: “Thank-You Song Circle”

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.

Resources/Materials	Key Vocabulary: thank, friend, happy	Support:
<ul style="list-style-type: none">Soft garden plush (bee, worm, or flower)Thank-you song lyrics chart (optional)		