



## Month: December Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	May look at feeling pictures, point or touch a face, and show feelings with simple words, sounds, or facial expressions.	May name feelings such as “happy” or “shy” and match them to pictures or simple party situations (loud music, many people).
<p>Activity: <b>How Do I Feel at Parties? Happy / Shy Faces</b></p> <p>Show simple feeling faces (happy, shy, maybe scared) and name each emotion. Talk about how parties or celebrations can feel fun for some children and a little overwhelming for others. Describe short, concrete scenarios (music playing, people clapping) and ask, “Would you feel happy or shy?” Invite toddlers to point to or hold up the face that matches how they might feel and model that all feelings are okay.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Picture cards of feeling faces (happy, shy, scared)</li> <li>Small mirror (optional) for children to see their own faces</li> </ul>	happy, shy, feel	



## Month: December Week: 4 Subject: Student Wellbeing

Day 2	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
Indicators	Younger Toddlers	Older Toddlers
	May imitate “gentle hands” when the teacher models and use simple words or signs for “gentle.”	May show gentle hands with special items, remember not to throw or grab, and respond to reminders with minimal support.

### Activity: Gentle Hands with Holiday Items

Place a few “special” classroom holiday items on the table (non-breakable decorations, soft props). Show toddlers how to touch with “gentle hands” and practice the motion together. Let each child take a turn holding or exploring an item while you narrate, “You are using gentle hands.” If someone squeezes too hard or tries to throw, calmly guide them back to gentle touch. Talk about how being gentle keeps our friends and our things safe.

Resources/Materials <ul style="list-style-type: none"> <li>Non-breakable holiday/class decorations (soft ornaments, fabric, plastic items)</li> </ul>	Key Vocabulary: gentle, soft, safe	Support:
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## Month: December Week: 4 Subject: Student Wellbeing

Day 3	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Toddlers	Older Toddlers
	May sit with a blanket or soft item, copy simple breathing motions, and begin to calm with adult support.	May move to the cozy area when invited, wrap themselves, take a few slow breaths, and start to use this as a calming strategy.

### Activity: Cozy Corner - Wrap in Blanket & Breathe

Introduce a “cozy corner” space with a soft blanket or mat and a few stuffed animals. Model sitting down, wrapping a small blanket or hugging a stuffed friend, and taking slow breaths together—“In... out...” Invite toddlers to take turns trying it, explaining that when we feel tired, shy, or upset, we can use cozy space and breathing to feel better. Keep the experience short and gentle, focusing on comfort rather than perfection.

Resources/Materials <ul style="list-style-type: none"> <li>• Small soft blankets or large scarves</li> <li>• Stuffed animals or soft pillows</li> </ul>	Key Vocabulary: cozy, calm, breathe	Support:
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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	May repeat or approximate “please” and “thank you” and use gestures like handing or receiving an item.	May practice using “please” and “thank you” in simple turn-taking situations with peers and adults.

### Activity: **Kind Words Practice - ‘Thank You’ and ‘Please’**

Gather toddlers in a small circle with a basket of simple toys or pretend food. Model handing an item to a child and saying, “Here you go,” while they respond “thank you” with words or sign. Then practice asking for an item with “please.” Take turns around the circle, supporting children to use kind words and notice how it feels when someone speaks kindly. Connect these words to classroom routines such as snack and playtime.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Basket of small toys or pretend food items</li> <li>Visual cards for “please” and “thank you” (optional)</li> </ul>	<b>Key Vocabulary:</b> please, thank you, kind	<b>Support:</b>
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## Month: December Week: 4 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May smile, point to pictures, or use a word or sound to show something they liked from the week.	May use short phrases like “I liked cookie” or “I liked dance” to share a favorite December moment.

### Activity: Gratitude Circle - ‘I Liked When...’

Sit in a circle and place a few pictures or objects from December activities in the center (cookie, reindeer, “snow,” book). Pass a simple talking piece and, when it is their turn, invite each child to point to or hold something they liked. Help them say, “I liked...” with a word or short phrase. Celebrate each child’s sharing and explain that remembering happy times can make our hearts feel good.

Resources/Materials <ul style="list-style-type: none"> <li>• Small talking piece (soft toy or picture card)</li> <li>• Photos or objects from December activities (gingerbread, reindeer, snow, book)</li> </ul>	Key Vocabulary: like, happy, share	Support:
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