



Month: August Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	May blow on a pinwheel with teacher support to calm down.	May practice slow, steady breathing independently to self-regulate.

Activity: **Deep Breathing with Pinwheels**

Children will learn how to calm their bodies by practicing deep breathing with colorful pinwheels. The teacher demonstrates taking a slow breath in and blowing gently to make the pinwheel spin. Younger preschoolers may simply enjoy blowing and watching the wheel turn, while older preschoolers practice steady breathing and talk about when they can use deep breaths (e.g., when upset, waiting for a turn). This activity helps children recognize how to calm their bodies and build self-regulation skills.

Older Preschool Challenge: Encourage older preschoolers to count slowly to three while inhaling and exhaling.

Resources/Materials <ul style="list-style-type: none"> Colorful pinwheels (1 per child if possible) 	Key Vocabulary: breathe, calm, spin	Support:
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Month: August Week: 4 Subject: Student Wellbeing

Day 2	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May repeat a simple compliment modeled by the teacher.	May create and share original compliments with peers.

Activity: Compliment Circle

Children will sit in a circle and take turns giving a compliment to a classmate. The teacher models how to say something kind (e.g., “I like your drawing”). Younger preschoolers may need sentence starters to repeat, while older preschoolers will generate their own compliments. After everyone shares, the class reflects on how compliments make them feel. This activity supports kindness, empathy, and building positive relationships.

Older Preschool Challenge: Ask older preschoolers to explain why they gave their compliment.

Resources/Materials <ul style="list-style-type: none"> None required 	Key Vocabulary: kind, friend, share	Support:
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Month: August Week: 4 Subject: Student Wellbeing

Day 3	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control SW3.1 Demonstrate conflict resolution
Indicators	Younger Preschool	Older Preschool
	May use a calming tool with support.	May independently choose and use strategies to calm down.

Activity: Calm Down Corner Practice

Children will be introduced to the classroom calm-down corner, a safe space with soft toys, books, and sensory tools. The teacher explains when and how to use the corner. Younger preschoolers may explore one calming item with help, while older preschoolers will role-play situations when they might use the space (e.g., “I was mad, so I took deep breaths here”). Practicing ahead of time makes the strategy available during real situations.

Older Preschool Challenge: Have older preschoolers model calming strategies for the class.

Resources/Materials <ul style="list-style-type: none"> • Calm down corner setup (soft toys, sensory bottles, books, pinwheels) 	Key Vocabulary: calm, space, feel	Support:
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Month: August Week: 4 Subject: Student Wellbeing

Day 4	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	May share something they like or are thankful for.	May explain why they are thankful and write/draw about it.

Activity: Gratitude Tickets

Each child will receive a “ticket” (small piece of paper) to write or draw something they are thankful for. Younger preschoolers may say their word for the teacher to write and draw a picture, while older preschoolers will write or draw independently. Tickets are then placed in a “Gratitude Box” to share during circle time. This builds emotional awareness and appreciation for others.

Older Preschool Challenge: Invite older children to give their gratitude ticket directly to a peer or teacher.

Resources/Materials <ul style="list-style-type: none"> • Small slips of paper (“tickets”) 	Key Vocabulary: thankful, happy, share	Support:
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Month: August Week: 4 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschool	Older Preschool
	May choose a face card or a simple emotion to describe feelings.	May draw and explain feelings using more detail.

Activity: Feelings Check-In Drawing

Children will begin the day by drawing a picture of how they feel. The teacher provides emotion cards for support. Younger preschoolers may choose a card and copy the emotion face, while older preschoolers will draw their own detailed expression and share why they feel that way. The group will reflect together, supporting social-emotional growth and confidence in expressing emotions.

Older Preschool Challenge: Ask older preschoolers to dictate or write a sentence about their drawing (e.g., “I feel excited because it is Friday.”).

Resources/Materials <ul style="list-style-type: none"> • Blank paper • Emotion face cards • Crayons and markers 	Key Vocabulary: feel, happy, sad	Support:
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