



Month: March Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	SW2.1 Demonstrate self-control
Indicators		
	Younger Toddlers	Older Toddlers
	Will copy simple yoga movements.	Will hold poses and follow breathing cues.
Activity: The teacher will guide toddlers through simple spring-themed yoga poses, such as: • Tree Pose (stretching arms like growing trees) • Butterfly Pose (sitting with feet together and flapping knees like wings) • Sun Stretch (reaching arms up to the sky) Younger toddlers will follow along and copy movements, while older toddlers will practice breathing in and out while holding each pose. Older Toddler Challenge: Older toddlers will try to hold a pose for a count of 3 before switching.		
Resources/Materials	Key Vocabulary:	Support:
• Soft mats or carpeted space • Spring-themed visuals for movement cues	stretch, breathe, tall, wings, calm	

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Day 2	Topic(s)	Foundation(s)
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Toddler Curriculum

	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	Will pretend to smell a flower while taking deep breaths.	Will practice deep breathing and talk about how they feel.
Activity: The teacher will hand each child a pretend flower (or real one if available) and guide them to: • “Smell the flower” (breathe in deeply through the nose). • “Blow the petals” (breathe out slowly through the mouth). Younger toddlers will imitate smelling and blowing, while older toddlers will talk about how breathing helps them feel calm. Older Toddler Challenge: Older toddlers will practice taking a deep breath when they feel upset or frustrated.		
Resources/Materials	Key Vocabulary:	Support:
• Real or pretend flowers	smell, blow, calm, happy, breathe	

Month: March Week: 2 Subject: Student Wellbeing

Day 3	Topic(s)	Foundation(s)
	Theme: Spring Surprises	SW1.1 Demonstrate self-awareness and



Toddler Curriculum

	Number: 8 Letter: Gg Color: Yellow Shape: Diamond	confidence
Indicators	Younger Toddlers	Older Toddlers
	Will listen and engage with sensory elements of a story.	Will describe how the story makes them feel.
Activity: The teacher will read a spring-themed story while using sensory elements: • Windy part? Blow gently on children's hands. • Rainy part? Lightly sprinkle water on fingers or air from spray bottle. Younger toddlers will react to the sensory parts, while older toddlers will say how they feel during each part of the story (e.g., "That feels tickly!"). Older Toddler Challenge: Older toddlers will act out a part of the story using a sensory action.		
Resources/Materials	Key Vocabulary:	Support:
• Spring storybook • Sensory props (fan, water spray bottle, soft fabric)	soft, wet, tickle, happy, gentle	

Month: March Week: 2 Subject: Student Wellbeing

Day 4	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8	SW4.1 Demonstrate relationship skills



Toddler Curriculum

	Letter: Gg Color: Yellow Shape: Diamond	
Indicators		
	Younger Toddlers	Older Toddlers
	Will work alongside others to “plant” a pretend garden.	Will take turns and share gardening tools.
Activity: The teacher will set up a pretend garden bin with toy flowers, soil, and tools. Younger toddlers will scoop and pour soil, while older toddlers will take turns "planting" flowers and watering them. The teacher will praise teamwork by saying, “Look how well you’re sharing!” Older Toddler Challenge: Older toddlers will help a friend plant a flower and describe what they’re doing.		
Resources/Materials	Key Vocabulary:	Support:
- Sensory bin with toy flowers, soil, scoops - Watering can	share, help, plant, together, friend	

Month: March Week: 2 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8 Letter: Gg	SW3.1 Demonstrate conflict resolution



Toddler Curriculum

	Color: Yellow Shape: Diamond	
Indicators	Younger Toddlers	Older Toddlers
	Will move and dance freely to spring-themed music.	Will take turns leading a movement.
Activity: The teacher will play a spring song and encourage toddlers to dance and move like the wind, butterflies, and rain. Younger toddlers will wiggle and jump, while older toddlers will take turns showing a dance move for others to follow. If toddlers bump into each other, the teacher will model how to say “excuse me” or take turns. Older Toddler Challenge: Older toddlers will copy a movement led by a friend.		
Resources/Materials	Key Vocabulary:	Support:
- Spring-themed music - Open space for dancing	dance, jump, turn, gentle, move	Seasons Song Learning Seasons with Gracie’s Corner Nursery Rhymes + Kids Songs Seasons Song Learning Seasons with Gracie’s Corner Nursery Rhymes + Kids Songs