



Month: March Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Toddlers	Older Toddlers
	Follows along with simple movement prompts.	Imitates and attempts to name different movements.
Activity: Bug Yoga (Simple Movements) Teachers can guide toddlers through bug-inspired yoga poses such as curling into a ball like a ladybug, stretching arms like butterfly wings, and hopping like a grasshopper. Younger toddlers may focus on simple movements, while older toddlers may try to hold a pose longer or name the bugs they are imitating. Teachers can say, <i>“Let’s spread our butterfly wings and stretch!”</i> to encourage participation.		
Resources/Materials	Key Vocabulary:	Support:
- Open floor space or mats for movement - Picture cards showing bug movements - Calming music for relaxation	butterfly stretch hop	

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Toddler Curriculum

Day 2	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	Responds to prompts about soft and gentle touch.	Practices gentle hands while interacting with peers and materials.
Activity: Gentle Hands (Practicing Soft Touch) Teachers may model gentle hands by demonstrating how to touch a stuffed animal, a friend's hand, or a soft object carefully . Younger toddlers can practice stroking soft items , while older toddlers may take turns gently patting or handing objects to a friend. Teachers can remind toddlers that <i>"We use gentle hands with our friends and toys."</i>		
Resources/Materials	Key Vocabulary:	Support:
- Soft stuffed animals or textured fabric - Picture cards illustrating gentle and rough touch	soft gentle touch	

Month: March Week: 4 Subject: Student Wellbeing

Day 3	Topic(s)	Foundation(s)
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Toddler Curriculum

	Review Week	SW2.1 Demonstrate self-control
Indicators		
	Younger Toddlers	Older Toddlers
	Listens quietly for short periods.	Identifies and describes sounds they hear.
Activity: Nature Sounds & Relaxation Teachers may play calming nature sounds like birds chirping, rain falling, and leaves rustling. Younger toddlers may focus on listening and watching reactions, while older toddlers may be encouraged to name what they hear (<i>"I hear a bird!"</i>). Afterward, teachers can lead toddlers in slow breathing exercises to help them learn how to calm their bodies.		
Resources/Materials	Key Vocabulary:	Support:
- Audio recordings of nature sounds - Cozy corner with soft cushions for listening time	listen quiet relax	

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Day 4	Topic(s)	Foundation(s)
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Toddler Curriculum

	Review Week	SW3.1 Demonstrate conflict resolution
Indicators	Younger Toddlers	Older Toddlers
	Engages in turn-taking activities.	Recognizes actions that are kind and caring.
Activity: Kindness Feathers (Soft Touch Exploration) Teachers may give each child a soft feather to touch, blow, and pass to a friend. While exploring the feathers, teachers may introduce simple phrases about kindness, such as <i>"We are gentle with our hands and kind to our friends."</i> Older toddlers may discuss what it means to be kind and practice passing the feather to a friend while saying something nice.		
Resources/Materials	Key Vocabulary:	Support:
- Soft feathers (real or fabric) - Picture cards showing acts of kindness	kind feather friend	

Month: March Week: 4 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
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Toddler Curriculum

	Review Week	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	Moves their body in response to music.	Follows simple dance movements and engages with peers.
Activity: Dance & Movement Teachers may play upbeat and calming music while encouraging toddlers to move their bodies freely. Younger toddlers may be encouraged to bounce, sway, or clap along, while older toddlers may try to follow simple guided movements such as spinning like the wind or hopping like a bunny. Teachers can pause the music at intervals and say, “<i>Freeze!</i>” to practice body awareness and self-regulation.		
Resources/Materials	Key Vocabulary:	Support:
Variety of music (fast, slow, playful)	dance move freeze	