



Month: February Week: 2 Subject: Student Wellbeing

Day 1	<table> <tr> <th data-bbox="362 392 893 430">Topic(s)</th><th data-bbox="893 392 1421 430">Foundation(s)</th></tr> <tr> <td data-bbox="362 430 893 703"> Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart </td><td data-bbox="893 430 1421 703"> SW1.1: Demonstrate self-awareness and confidence. SW4.1: Demonstrate relationship skills. </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SW1.1: Demonstrate self-awareness and confidence. SW4.1: Demonstrate relationship skills.
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Indicators	<table> <tr> <th data-bbox="362 751 893 821">Younger Preschool</th><th data-bbox="893 751 1421 821">Older Preschool</th></tr> <tr> <td data-bbox="362 821 893 966">Observe their reflection and identify features of their face or body.</td><td data-bbox="893 821 1421 966">Draw a self-portrait and describe something they love about themselves.</td></tr> </table>	Younger Preschool	Older Preschool	Observe their reflection and identify features of their face or body.	Draw a self-portrait and describe something they love about themselves.
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Observe their reflection and identify features of their face or body.	Draw a self-portrait and describe something they love about themselves.				
Activities: Children will begin by looking in a mirror and observing their faces, hair, and smiles. The teacher will guide a discussion by asking, “What do you see when you look in the mirror?” and “What do you like about yourself?” After reflecting, each child will create a self-portrait inside a heart frame using crayons or markers. While drawing, children will be encouraged to describe themselves by saying, “I like my smile,” or “I am strong and kind.” Teachers will write down their responses if needed. This activity helps build self-awareness, confidence, and emotional expression.					
Resources/Materials ● Heart-shaped self-portrait template (or blank paper) ● Crayons, markers ● Small classroom mirrors for self-observation	<table> <tr> <td data-bbox="544 1249 876 1675"> Key Vocabulary: Me, Smile, Love, Special, Happy, Strong </td><td data-bbox="876 1249 1421 1675"> Support:  </td></tr> </table>	Key Vocabulary: Me, Smile, Love, Special, Happy, Strong	Support: 		
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Day 2	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	Foundation(s) SW2.1: Demonstrate self-control. SW3.1: Demonstrate conflict resolution.
Indicators	Younger Preschool	Older Preschool
	Follow along with simple yoga movements.	Practice deep breathing and mindfulness techniques.
Activities: The teacher will introduce simple yoga poses that help with movement, relaxation, and self-regulation. The class will start with deep breathing and gentle stretches before moving into poses like "Star Pose" (standing with arms wide), "Heart Pose" (hands over chest), and "Butterfly Pose" (sitting with feet together). The teacher will lead the group in stretching while saying, "Let's take a deep breath in...and out. Feel your body getting strong and calm!" After finishing, the class will discuss how their bodies feel after stretching.		
Resources/Materials - Open space for movement - Yoga pose visual cards (if available)	Key Vocabulary: Breathe, Calm, Stretch, Relax, Focus	Support: 

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Day 3	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SW1.2: Demonstrate identification and expression of emotions. SW3.1: Demonstrate conflict resolution (choosing what is good for the body).
Indicators	Younger Preschool	Older Preschool
	Identify and name different colors of food.	Sort and categorize healthy foods by color and explain their choices.
Activities: The teacher will introduce a "Rainbow Plate" activity to help children learn about colorful healthy foods. Each child will receive a paper plate and a worksheet displaying different fruits and vegetables in rainbow colors (e.g., oranges, apples, bananas, broccoli, and blueberries). Children will color the food items with crayons or markers. With assistance, toddlers will cut out (or have pre-cut) their food pieces and glue them onto their paper plates to create their own "Rainbow Plate" meal. The teacher will encourage conversation by asking, "What color is your apple? Can you find a green food?"		
Resources/Materials	Key Vocabulary:	Support: Rainbow Foods
- Paper plates - Printable worksheet with different colored fruits and vegetables - Crayons or markers - Safety scissors (for older toddlers) - Glue sticks	Food, Colors, Eat, Healthy, Strong, Rainbow	Rainbow Foods 

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Day 4	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me!	SW1.2: Demonstrate identification and



Preschool Curriculum

	Number: 5 Letter: Hh Color: Pink Shape: Heart	expression of emotions. SW4.1: Demonstrate relationship skills.
Indicators	Younger Preschool	Older Preschool
	Identify kind words and gestures.	Give a compliment to a classmate and explain why they appreciate them.
Activities: The teacher will start by explaining what a compliment is, asking, “ What nice things can we say to make someone feel happy? ” The class will brainstorm kind words such as “ You are a great friend ” or “ I like your smile. ” Each child will then take turns giving a compliment to a friend in the classroom. Older preschoolers will also practice explaining why they appreciate someone (e.g., “I like playing with you because you share your toys.”).		
Resources/Materials	Key Vocabulary: Nice, Kind, Friend, Compliment, Share	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me!	SW1.2: Demonstrate identification and



	Number: 5 Letter: Hh Color: Pink Shape: Heart	expression of emotions. SW4.1: Demonstrate relationship skills.
Indicators	Younger Preschool	Older Preschool
	Identify things they are thankful for with teacher guidance.	Verbally express gratitude and describe why they are thankful.
Activities: The teacher will introduce the concept of gratitude by asking, “ What does it mean to be thankful? ” and “ What makes you happy every day? ” Each child will take turns sharing something or someone they are grateful for . Older preschoolers will also explain why they feel thankful (e.g., “I am thankful for my mom because she helps me.”). The teacher will model gratitude by saying, “ I am thankful for all of you because you are kind and work so hard! ”		
Resources/Materials	Key Vocabulary: Thankful, Happy, Appreciate, Love, Kind	Support: