



Month: February Week: 3 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="362 430 893 661"> Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle </td><td data-bbox="893 430 1421 661"> SW1.1 Demonstrate self-awareness and confidence. SW1.2 Demonstrate identification and expression of emotions. </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	SW1.1 Demonstrate self-awareness and confidence. SW1.2 Demonstrate identification and expression of emotions.
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Indicators	<table> <tr> <th data-bbox="362 758 893 827">Younger Preschool</th><th data-bbox="893 758 1421 827">Older Preschool</th></tr> <tr> <td data-bbox="362 827 893 961">Move their bodies freely to express different emotions while listening to music.</td><td data-bbox="893 827 1421 961">Identify and name different feelings that music can create.</td></tr> </table>	Younger Preschool	Older Preschool	Move their bodies freely to express different emotions while listening to music.	Identify and name different feelings that music can create.
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Move their bodies freely to express different emotions while listening to music.	Identify and name different feelings that music can create.				
Activities: Play a short clip of different styles of music (happy, calm, exciting). Ask, "<i>How does this music make you feel?</i>" Have students move their bodies in different ways to match the emotions of the music. Discussion: Talk about how music helps us express feelings, and ask students when they listen to music (e.g., when they are happy, sad, or sleepy). Challenge for Older Preschoolers: Have them describe a time when music helped them feel better or more relaxed.					
Resources/Materials - Audio clips of different music styles - Open space for movement	<table> <tr> <td data-bbox="545 1404 881 1619"> Key Vocabulary: Emotion Express Music </td><td data-bbox="881 1404 1421 1619"> Support: </td></tr> </table>	Key Vocabulary: Emotion Express Music	Support:		
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Preschool Curriculum

Day 2	Topic(s)		Foundation(s)	
	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle		SW2.1 Demonstrate self-control. SW4.1 Demonstrate relationship skills.	
Indicators				
	Younger Preschool		Older Preschool	
	Listen carefully and try to identify different musical sounds.		Describe the differences between instruments and how they sound.	
Activities: Explain that listening carefully helps us understand the world around us. Have children close their eyes while you play different instrument sounds (e.g., trombone, drums, piano, trumpet). After each sound, ask, “<i>What instrument do you think that was?</i>” Discussion: Talk about how different sounds make us feel and which instruments they like best. Challenge for Older Preschoolers: Have them describe what the instrument reminds them of (e.g., “The drums sound like thunder!”).				
Resources/Materials - Audio clips or actual instruments (trombone, drums, trumpet, piano) - Quiet space for listening		Key Vocabulary: Listen Instrument Guess		Support:

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Day 3	Topic(s)	Foundation(s)
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	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	SW1.2 Demonstrate identification and expression of emotions.
Indicators	Younger Preschool	Older Preschool
	Recognize how different beats can feel exciting or calming.	Explain how music can help with big emotions like excitement or frustration.
Activities: Play two drum beats—one fast and loud, one slow and soft. Ask, “<i>How do these beats make you feel?</i>” Let children take turns tapping on a drum or surface to create their own beats. Discussion: Relate beats to emotions (fast = excited, slow = calm). Challenge for Older Preschoolers: Have them create their own rhythm that expresses a feeling.		
Resources/Materials	Key Vocabulary:	Support:
- Small drums or surfaces to tap - Audio clips of different drum beats	Beat Emotion Calm/Excited	

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Day 4	Topic(s)	Foundation(s)
	Theme: Black History Artists &	SW1.1 Demonstrate self-awareness and



Preschool Curriculum

	Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	confidence. SW4.1 Demonstrate relationship skills.
Indicators	Younger Preschool	Older Preschool
	Move their bodies to music and express joy through dance.	Recognize that dance is a way to share emotions and stories.
Activities: Explain that dancing is a way to express joy, excitement, and even sadness. Play an upbeat jazz song and let students move however they feel. Discussion: Ask, “How did the music make your body want to move?” Challenge for Older Preschoolers: Have them take turns leading a movement for the class to copy.		
Resources/Materials	Key Vocabulary:	Support:
- Jazz or upbeat music - Open space for dancing	Dance Move Express	

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Day 5	Topic(s)	Foundation(s)
	Theme: Black History Artists & Musicians	SW3.1 Demonstrate conflict resolution. SW4.1 Demonstrate relationship skills.



Preschool Curriculum

	Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	
Indicators		
	Younger Preschool	Older Preschool
	Share their favorite song or sound.	Take turns leading a simple rhythm game.
Activities: Ask, “<i>What is your favorite song?</i>” Let children share their favorite music with friends. Have students take turns tapping a beat or singing a line from a song they love. Discussion: Talk about how music helps us connect with others. Challenge for Older Preschoolers: Work together to create a simple rhythm using claps or tapping.		
Resources/Materials - Open space for sharing - Hand drums or rhythm sticks	Key Vocabulary: Share Friendship Rhythm	Support: