



Month: February Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)		
	Theme: Review		SW1.1 Demonstrate self-awareness and confidence		
Indicators	Younger Preschool		Older Preschool		
	Identify and attempt to draw their favorite invention, inventor, or artist.		Draw and describe their chosen person or creation, explaining why they like it.		
Activities: Show pictures of different Black inventors, musicians, and artists studied this month. Ask, “Who was your favorite person we learned about?” or “What invention or artwork do you like the most?” Encourage children to draw their favorite and share why they chose it.					
Resources/Materials ● Pictures of inventors, artists, and their work ● Paper ● Crayons, markers		Key Vocabulary: Inventor Create Favorite		Support:	



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Day 2	Topic(s)	Foundation(s)
	Theme: Review	SW2.1 Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	Follow simple stretching and movement cues.	Practice breathing exercises and hold simple yoga poses.
Activities: Guide children through basic yoga poses, such as stretching their arms up like the sun or curling into a ball like a rock. Encourage deep breathing by saying, <i>“Breathe in like you're smelling a flower, breathe out like you're blowing out a candle.”</i>		
Resources/Materials Visual cards with simple yoga poses	Key Vocabulary: Stretch, Breathe, Relax	Support: 

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Preschool Curriculum

Day 3	Topic(s)	Foundation(s)
	Theme: Review	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschool	Older Preschool
	Identify different emotions through colors and pictures.	Express emotions through their artwork using different colors and shapes.
Activities: Discuss different emotions and associate them with colors (<i>"How does red make you feel?"</i>). Provide children with paper and art supplies, encouraging them to create a picture that represents how they feel. (<i>Emotion cards from Week 2 can be used for this activity</i>)		
Resources/Materials	Key Vocabulary:	Support:
- Paper - Paint, crayons, markers - Emotion cards	Happy Sad Excited	

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Day 4	Topic(s)	Foundation(s)
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	Theme: Review	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	Say "thank you" to a friend.	Share something they are grateful for and discuss kindness.
Activities: Gather children in a circle and pass around a soft ball. When a child receives the ball, they say something they are thankful for (<i>"I am thankful for my friends because they play with me."</i>). Discuss how showing gratitude helps us feel happy and connected.		
Resources/Materials	Key Vocabulary:	Support:
- Soft ball for passing/Talking Stick - Visual cue cards with kind words	Thank You Appreciate Kind	

Month: February Week: 4 Subject: Student Wellbeing

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

	Theme: Review	SW3.1 Demonstrate conflict resolution
Indicators	Younger Preschool	Older Preschool
	Share their favorite part of the week.	Reflect on what they learned and discuss how to be kind and respectful.
Activities: Have a class discussion asking, <i>“What was your favorite activity this week?”</i> Encourage children to share one thing they learned or enjoyed. Discuss how they can continue to be kind and work together in the future.		
Resources/Materials • Group discussion area • Visual prompts of activities done throughout the week	Key Vocabulary: Remember Learn Respect	Support: