



Month: January Week: 4

Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	- Theme: Review Week -Freeze Dance: Arctic Style		SW2.1: Demonstrate self-control. SW4.1: Demonstrate relationship skills.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Follow simple instructions and participate in group activities.		Follow multi-step directions and contribute ideas during group discussions.	



Activities	
The teacher plays Arctic-themed music and encourages children to dance freely. When the music stops, the teacher instructs the children to freeze in fun poses, such as pretending to be a polar bear or penguin. The teacher provides positive feedback for creative poses and ensures children are engaged and following directions.	
Resources and Materials	
• Music player • Arctic-themed playlist	
Topic Related Language/ Key Vocabulary	Supports
	<u>Winter Freeze Dance - The Kiboomers</u> <u>Preschool Movement Songs - Brain Breaks</u> <u>Wintertime Dance and Freeze! Jack Hartmann</u>



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Day 2	Topic(s)		Foundation(s)	
	- Review Week -Partner Activity: Help a Friend Build a City		SW3.1: Demonstrate conflict resolution. SW4.1: Demonstrate relationship skills.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Share materials and listen to peer suggestions.		Work collaboratively to solve disagreements and complete a project.	



Activities

The teacher pairs children together and explains that they will work as a team to build a city using blocks. The teacher moves around the room to observe and guide discussions if conflicts arise, offering suggestions like "How can you share the blocks to finish the tower?"

Resources and Materials

- Blocks
- Duplo

Topic Related Language/ Key Vocabulary

Teamwork, building, towers

Supports





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Day 3	Topic(s)		Foundation(s)	
	• Theme: Review Week -Reflect on "Seven Principles" from Kwanzaa		SW1.1: Demonstrate self-awareness and confidence. SW2.1: Demonstrate self-control.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Share basic feelings and describe simple events.		Reflect on actions and how they impact others.	



Activities	
The teacher introduces the Seven Principles using visuals and encourages children to think about ways they practice these principles at school or home. The teacher will facilitate a group discussion, asking, "How can we help each other like in the principle of Umoja (Unity)?"	
Resources and Materials	
• Visuals of Seven Principles • Discussion Prompts	
Topic Related Language/ Key Vocabulary	Supports
	<u>Sesame Street: Celebrate Kwanzaa Song! Learn the 7 Principles of Kwanzaa</u>



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Day 4	Topic(s)		Foundation(s)	
	Theme: Review Week -What Made You Happy This Month?		SW1.1: Demonstrate self-awareness and confidence. SW3.1: Demonstrate conflict resolution.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Share basic emotions and experiences with support.		Describe detailed experiences and express positive feelings.	



Activities	
The teacher gathers the class in a circle and asks each child to share one thing that made them happy this month. For children who prefer not to speak, the teacher offers the option to draw their experience. The teacher encourages everyone with affirmations like "That sounds like a wonderful moment!"	
Resources and Materials	
• Drawing Paper • Pencils and Crayons	
Topic Related Language/ Key Vocabulary	Supports



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Day 5	Topic(s)		Foundation(s)	
	• Theme: Review Week -Create a Thank You Card for a Friend		SW4.1: Demonstrate relationship skills. SW1.1: Demonstrate self-awareness and confidence.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Create simple art projects with guidance and express gratitude verbally.		Write simple phrases or draw detailed pictures to express appreciation.	



Activities	
The teacher explains the importance of saying thank you and guides children in designing thank-you cards. The teacher provides examples of messages they can write or draw, such as "Thank you for being a great friend!" and supports children as they decorate their cards.	
Resources and Materials	
• Markers, pencils, crayons • Construction paper • Scissors, glue, stickers	
Topic Related Language/ Key Vocabulary	Supports
	Thank ♥ you!