



Month: March Week: 1 Subject: Student Wellbeing

Day 1	<table> <tr> <th data-bbox="362 392 894 430">Topic(s)</th><th data-bbox="894 392 1421 430">Foundation(s)</th></tr> <tr> <td data-bbox="362 430 894 653"> Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval </td><td data-bbox="894 430 1421 653"> SW1.1 – Demonstrate self-awareness and confidence SW2.1 – Demonstrate self-control </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	SW1.1 – Demonstrate self-awareness and confidence SW2.1 – Demonstrate self-control
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Indicators	<table> <tr> <th data-bbox="362 751 894 821">Younger Preschool</th><th data-bbox="894 751 1421 821">Older Preschool</th></tr> <tr> <td data-bbox="362 821 894 953"> Will use movement and breathing exercises to explore body awareness and relaxation. </td><td data-bbox="894 821 1421 953"> Will practice controlling their movements and focusing on slow, mindful breathing. </td></tr> </table>	Younger Preschool	Older Preschool	Will use movement and breathing exercises to explore body awareness and relaxation.	Will practice controlling their movements and focusing on slow, mindful breathing.
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Will use movement and breathing exercises to explore body awareness and relaxation.	Will practice controlling their movements and focusing on slow, mindful breathing.				
Activity: Bug Yoga Poses- Introduce different bug-inspired yoga poses, such as Butterfly Pose, Inchworm Stretch, and Grasshopper Jump. Guide children through each movement while focusing on deep breathing and body awareness. Discuss how moving like bugs helps strengthen their bodies and calm their minds. Challenge for Older Preschoolers: Ask them to lead a yoga pose and explain how it makes their body feel (e.g., <i>“I feel calm when I stretch like a butterfly.”</i>).					
Resources/Materials • Picture cards of bug-themed poses • Calming background music	<table> <tr> <td data-bbox="545 1354 881 1614"> Key Vocabulary: stretch, breathe, calm </td><td data-bbox="881 1354 1421 1614"> Support: </td></tr> </table>	Key Vocabulary: stretch, breathe, calm	Support:		
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Day 2	Topic(s)	Foundation(s)
	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	SW2.1 – Demonstrate self-control
Indicators	Younger Preschool	Older Preschool
	Will listen to and describe nature sounds while practicing focused attention.	Will recognize and express how different sounds make them feel.
Activity: Mindfulness Listening to Nature Sounds- Play recordings of nature sounds (crickets, buzzing bees, rustling leaves) and have children close their eyes to focus on listening. Ask questions like, “<i>What do you hear?</i>” and “<i>How do these sounds make you feel?</i>” Encourage deep breathing as they listen. Challenge for Older Preschoolers: Have them create their own nature sounds using rhythm instruments (shakers for buzzing, rain sticks for wind, etc.).		
Resources/Materials	Key Vocabulary:	Support:
- Audio recordings of nature sounds - Speaker	listen, focus, peaceful	Can You Guess the Insect Sound? Bug Sounds Test Your Nature IQ!

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Preschool Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval		SW1.2 – Demonstrate identification and expression of emotions	
Indicators	Younger Preschool		Older Preschool	
	Will use movement and facial expressions to connect music with emotions.		Will describe emotions associated with different music styles and how they relate to real-life experiences.	
Activity: Emotional Awareness Through Music- Play different types of music (fast, slow, happy, calm) and ask children to move their bodies to match the emotion of the music. After each song, ask “<i>How did that music make you feel?</i>” Encourage children to act out different emotions using facial expressions. Challenge for Older Preschoolers: Have them describe a time they felt an emotion from the music (e.g., “<i>This fast song makes me feel excited like when I run outside!</i>”).				
Resources/Materials Various music selections (calm, upbeat, classical, rhythmic)		Key Vocabulary: happy, sad, excited		Support:

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

	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	SW4.1 – Demonstrate relationship skills
Indicators	Younger Preschool	Older Preschool
	Will explore movement as a way to express emotions and connect with others.	Will practice self-control while dancing and moving freely.
Activity: Dance & Movement for Self-Expression- Play bug-themed music and encourage children to move freely like insects (e.g., flutter like a butterfly, hop like a grasshopper, crawl like a ladybug). Discuss how movement helps express feelings and encourage children to dance in a way that shows how they are feeling today. Challenge for Older Preschoolers: Pair them up and have them create a short bug-inspired dance routine to share with the group.		
Resources/Materials	Key Vocabulary:	Support:
Bug-themed music	move, express, dance	"The Millipede March!" Bug Dance Insect Brain Break Danny Go! Songs for Kids

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

	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	SW1.1 – Demonstrate self-awareness and confidence
Indicators	Younger Preschool	Older Preschool
	Will practice listening to peers and expressing simple personal experiences.	Will use storytelling to build confidence and express emotions about their experiences.
Activity: Sharing Nature Stories, Building Connections- Sit in a circle and have children share a time they saw a bug outside. Prompt them with questions like “<i>Where were you? What did the bug look like? What did it do?</i>” Encourage children to listen and ask questions about their classmates’ stories. Challenge for Older Preschoolers: Have them draw a picture of their bug story and share it with the group.		
Resources/Materials • Storytelling circle time • Paper and crayons for drawing	Key Vocabulary: share, listen, story	Support: