



Month: March Week: 2 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	Foundation(s) SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschoolers	Older Preschoolers
	Will copy simple spring-themed yoga poses.	Will hold poses longer and practice mindful breathing.
Activity: The teacher will introduce Spring Yoga, guiding children through simple poses inspired by nature. Children will start in a seed pose (curling up like a tiny seed) and slowly grow into a tree by stretching their arms upward. Other poses will include Butterfly Pose (fluttering legs), Frog Pose (squat and jump), and Sunshine Stretch (reaching arms wide like the sun). Younger preschoolers will focus on imitating movements, while older preschoolers will hold poses longer and focus on deep breathing. The teacher will encourage them to notice how their bodies feel as they stretch and balance. Older Preschooler Challenge: Older preschoolers will practice balancing on one foot like a tree in the wind and describe how yoga makes them feel.		
Resources/Materials - Yoga mats or soft carpet - Spring yoga pose visuals	Key Vocabulary: stretch, balance, breathe, pose	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	SW2.1 Demonstrate self-control
Indicators	Younger Preschoolers	Older Preschoolers
	Will practice slow breathing using imaginary flowers.	Will pair breathing with movement for relaxation.
Activity: The teacher will introduce Flower Breathing as a calming strategy. Children will pretend to hold a flower, take a deep breath in to “smell the flower”, then slowly breathe out to “blow the petals gently.” This will be repeated several times to help children regulate their breathing. Younger preschoolers will focus on deep breathing and making their exhale slow, while older preschoolers will add arm movements (lifting arms when breathing in, lowering them when breathing out). The teacher will discuss how breathing can help when feeling upset or frustrated. Older Preschooler Challenge: Older preschoolers will choose their favorite “flower” (real or imaginary) and describe what it looks like and smells like.		
Resources/Materials	Key Vocabulary:	Support:
- Real or fake flowers for visual support - Calm background music (optional)	Breathe, calm, smell	

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Day 3	Topic(s)		Foundation(s)	
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond		SW1.2 Demonstrate identification and expression of emotions	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	Will listen to a spring-themed story using sensory objects.		Will act out parts of the story using movement and expressions.	
Activity: The teacher will read a spring-themed story aloud, incorporating sensory objects to make the story come to life. If the story mentions rain, children will feel a mist of water; if the story describes wind, they will feel a gentle breeze from a fan. Younger preschoolers will focus on experiencing the sensory elements and identifying how the story makes them feel. Older preschoolers will act out different parts of the story using movements and facial expressions to show emotions like excitement, surprise, or happiness. Older Preschooler Challenge: Older preschoolers will retell the story in their own words and discuss how the characters might feel.				
Resources/Materials		Key Vocabulary:		Support:
● Sensory objects (water spray bottle, fan, fake grass, flowers)		feel, listen, story, imagine		

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Day 4	Topic(s)	Foundation(s)
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	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschoolers	Older Preschoolers
	Will work together to "plant" a pretend garden.	Will discuss how teamwork helps gardens grow.
Activity: The teacher will introduce a teamwork garden activity where children will work together to "plant" flowers, fruits, and vegetables in a large pretend garden using toy gardening tools, fabric flowers, and laminated plant cutouts. Younger preschoolers will focus on taking turns placing plants in the garden, while older preschoolers will discuss how working together makes the garden grow better. The teacher will encourage them to compliment and help each other while "planting." Older Preschooler Challenge: Older preschoolers will explain how teamwork helps in real life and think of another activity where teamwork is important.		
Resources/Materials	Key Vocabulary:	Support:
• Toy gardening tools • Fabric flowers or laminated plant cutouts • Sensory bin • Black beans (soil)	Teamwork, help, plant	

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Day 5	Topic(s)	Foundation(s)
	Theme: Spring Surprises	SW3.1 Demonstrate conflict resolution



Preschool Curriculum

	Number: 8 Letter: Gg Color: Yellow Shape: Diamond	
Indicators		
	Younger Preschoolers Will move and dance freely to spring music.	Older Preschoolers Will dance in pairs or groups, practicing turn-taking.
Activity: The teacher will play spring-themed music and encourage children to move their bodies freely, pretending to dance like butterflies, hopping like bunnies, or swaying like flowers in the breeze. Younger preschoolers will focus on expressing joy through movement while older preschoolers will be paired up or placed in small groups to practice dancing together and taking turns leading. The teacher will discuss how dancing together requires cooperation and kindness, helping children understand the importance of sharing space and working together peacefully. Older Preschooler Challenge: Older preschoolers will create their own spring dance moves and take turns leading a short group dance.		
Resources/Materials Spring-themed music	Key Vocabulary: Dance, move, share	Support: Spring Songs for Children - Spring is Here with Lyrics - Kids Songs by The Learning Station