



Month: March Week: 3 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) SW2.1 Demonstrate self-control
Indicators	Younger Preschoolers Can practice taking deep breaths while pretending to be a bird.	Older Preschoolers Can use deep breathing strategies to help calm their bodies and emotions.
Activity: The teacher will introduce the concept of deep breathing by asking, "How do birds flap their wings? Can we move our arms like birds?" Children will practice taking slow, deep breaths while gently flapping their arms like wings. The teacher will guide them through inhale and exhale breathing, encouraging them to relax their bodies as they "fly." Children will then practice "bird rest breathing" by sitting quietly with their eyes closed, listening to soft bird sounds while taking slow breaths. The teacher will ask, "How does your body feel when you breathe like a bird?" Challenge for Older Preschoolers: Older preschoolers will be encouraged to use bird breathing when they feel upset or need to calm down. The teacher will guide a discussion on when deep breathing is helpful, such as before nap time, when feeling frustrated, or when waiting for a turn.		
Resources/Materials Bird sound recordings	Key Vocabulary: Breathe, calm, relax	Support:



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Day 2	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Preschoolers	Older Preschoolers
	Can recognize and describe how different activities make them feel.	Can use relaxation techniques to help regulate their emotions.
Activity: The teacher will introduce gentle touch relaxation by asking, “How do feathers feel? Are they soft or hard?” Children will each get a soft feather and will gently move it along their hands, arms, and faces while listening to calming music. Next, the teacher will encourage children to lay down and close their eyes while using the feather to trace slow movements on their hands. They will be asked to focus on how soft and light the feather feels. The teacher will ask, “Did this help your body feel relaxed?” Challenge for Older Preschoolers: Older preschoolers will be encouraged to practice self-regulation by using their feather relaxation technique when they need to calm down. The teacher will discuss when we feel tense and how slowing down can help us feel better.		
Resources/Materials • Soft feathers • Calming instrumental music	Key Vocabulary: Soft, gentle, relax	Support:

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Day 3	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW4.1 Demonstrate relationship skills
Indicators	Younger Preschoolers	Older Preschoolers
	Can participate in creating a group project and recognize the importance of teamwork.	Can describe how working together helps everyone feel included and safe.
Activity: The teacher will introduce the idea of a bird's nest as a safe place by asking, <i>"Where do birds sleep? How do they take care of their eggs?"</i> Children will work together to create a large classroom "nest" by adding pieces of paper strips, feathers, and twigs (craft materials) to a large paper nest. Each child will add their own "egg" (a small drawing of themselves or their name) inside the nest to show that everyone is part of the class family. After building the nest, the teacher will ask, <i>"How do birds take care of each other? How can we take care of each other in our classroom?"</i> Children will discuss ways to help their friends feel safe and included. Challenge for Older Preschoolers: Older preschoolers will be encouraged to describe one way they have helped a classmate feel safe or included. They will also discuss what makes a "nest" safe and how they can make the classroom feel like a safe space for everyone.		
Resources/Materials	Key Vocabulary:	Support:
- Large poster or construction paper - Cutout eggs for each child to decorate	Nest, safe, together	

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Day 4	Topic(s)	Foundation(s)
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	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW3.1 Demonstrate conflict resolution
Indicators	Younger Preschoolers	Older Preschoolers
	Can recognize when someone is kind to them and begin to show kindness in return.	Can identify ways to solve small conflicts by using kind words and actions.
Activity: The teacher will introduce the idea of kind words and actions by showing a picture of a feather and saying, "<i>Feathers are soft, just like kind words make us feel warm and happy.</i>" Each child will receive a paper feather and will be asked to think of a kind word or action they can do for a friend. The teacher will write or help them write their ideas on the feathers. Children will then place their feathers onto a classroom "Kindness Tree" poster to remind everyone of the importance of being kind. Throughout the day, the teacher will encourage children to use their kind words and actions with their classmates. Challenge for Older Preschoolers: Older preschoolers will be encouraged to role-play different ways to solve small conflicts, such as sharing a toy or taking turns. The teacher will also ask them to give a real compliment to a friend and discuss how it made them feel.		
Resources/Materials	Key Vocabulary:	Support:
- Paper feathers - Markers	Kind, share, help	

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Day 5	Topic(s)	Foundation(s)
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	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Preschoolers	Older Preschoolers
	Can move their bodies freely and express themselves through dance.	Can follow rhythm and movement patterns with confidence.
Activity: The teacher will introduce bird movements by showing a short video of birds hopping, flapping, waddling, and flying. Children will then move like different types of birds while listening to fun, upbeat music. The teacher will call out, “<i>Fly like an eagle! Hop like a robin! Waddle like a penguin!</i>” as children imitate each movement. After the dancing activity, the teacher will ask, “<i>How did moving like a bird make you feel? Which bird movement was your favorite?</i>” Challenge for Older Preschoolers: Older preschoolers will be encouraged to create their own bird dance movements and teach a friend how to do it. They will also discuss how movement and exercise make our bodies feel happy and strong.		
Resources/Materials • Music player with fun, upbeat songs • Pictures or videos of birds moving	Key Vocabulary: Move, dance, hop	Support: