



Month: August Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW1.1 Demonstrate self-awareness and confidence	
Indicators				
	Younger Toddlers		Older Toddlers	
	May repeat a feeling word after the teacher.		May say how sharing makes them feel.	
Activity: Sharing Circle				
Children will sit together and practice saying, “Sharing makes me happy.” The teacher will model the phrase while passing around a toy fish. Younger toddlers may simply repeat the word “happy,” while older toddlers will say the full phrase. Each child will hold the toy and have a turn speaking. This activity encourages toddlers to identify emotions and practice confidence in sharing feelings.				
Resources/Materials Plush toy fish		Key Vocabulary: happy, share, feel		Support:



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Day 2	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart</td><td>SW2.1 Demonstrate self-control</td></tr></table>		Topic(s)	Foundation(s)	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW2.1 Demonstrate self-control
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Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW2.1 Demonstrate self-control					
Indicators						
	<table><tr><th>Younger Toddlers</th><th>Older Toddlers</th></tr><tr><td>May blow pretend bubbles with help.</td><td>May take slow breaths independently.</td></tr></table>	Younger Toddlers	Older Toddlers	May blow pretend bubbles with help.	May take slow breaths independently.	
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Activity: **Bubble Breaths**

The teacher will model deep breathing by pretending to blow bubbles. Children will practice breathing in through their nose and blowing out slowly through their mouth. Younger toddlers will enjoy pretending to blow bubbles into the air, while older toddlers will practice slow, calm breaths. This activity helps children learn a simple way to calm down when upset.

Resources/Materials Bubble wand and solution (optional for demonstration)	Key Vocabulary: breathe, slow, calm	Support:
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Month: August Week: 2 Subject: Student Wellbeing

Day 3	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW4.1 Demonstrate relationship skills	
Indicators	Younger Toddlers		Older Toddlers	
	May place a kindness scale on the fish with support.		May say a kind word before adding a scale.	

Activity: **Kindness Fish**

The class will make a large fish poster. Each child will add a shiny scale to the fish. Younger toddlers may simply glue on a scale, while older toddlers will say a kind word like “help” or “friend” before attaching theirs. The fish will grow more beautiful as children add their kindness. This activity encourages empathy and caring for others.

Resources/Materials • Large fish poster • Paper scales • Glue sticks	Key Vocabulary: kind, fish, friend	Support:
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Day 4	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Toddlers	Older Toddlers
	May point to a feeling face card.	May show or name a feeling from the story.
Activity: Feelings Faces The teacher will use <i>Pout-Pout Fish</i> illustrations to talk about feelings like mad, sad, and happy. Younger toddlers will point to matching face cards, while older toddlers can copy the expression or name it. The teacher will encourage children to practice making the faces in a mirror. This helps toddlers recognize emotions in themselves and others.		
Resources/Materials • <i>Pout-Pout Fish</i> book • Emotion face cards • Small mirror	Key Vocabulary: mad, sad, happy	Support:



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Day 5	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) SW4.1 Demonstrate relationship skills
Indicators	Younger Toddlers	Older Toddlers
	May repeat a compliment after the teacher.	May give a short compliment to a friend.
Activity: Compliment Catch Children will sit in a circle and pass a toy fishing pole. When a child holds it, they give a compliment such as “Good job” or “Thank you.” Younger toddlers may repeat a teacher prompt, while older toddlers create their own. The group will celebrate each compliment with claps or cheers. This builds confidence and positive peer connections.		
Resources/Materials • Toy fishing pole • Compliment prompt cards (optional)	Key Vocabulary: kind, thank, good	Support: