

Week:
Sept 22-26,
2025

Unit theme:
All about Me and My Emotions

Learning Centers:
1. Blocks
2. Play dough – Emotion Faces
3. Baby Center – Dramatic Play
4. Emotions drawing board
5. Magna Tiles

6. Sensory table – emotion color sort
7. Emotion Blocks
8. Make a face – felt board

		Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:15	Arrival – Sign in	Outside Arrival	Outside Arrival	Outside Arrival	Outside Arrival	No School
8:15-8:30	Recess	Recess	Recess	Recess	Recess	Recess
8:30-9:00	Morning Meeting Al's Pals - Social emotional skill Math Mingle Calendar	Morning Meeting Morning songs I love you Ritual Attendance and Wish You Well	Morning Meeting Morning songs I love you Ritual Attendance and Wish You Well Al's Pals	Morning Meeting Morning songs I love you Ritual Attendance and Wish You Well	Morning Meeting Morning songs I love you Ritual Attendance and Wish You Well Al's Pals	Morning Meeting Morning songs I love you Ritual Attendance and Wish You Well
9:00-9:15	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break
9:15-9:30	AM Snack	AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
9:30-9:45	Circle time Alphabet song Letter of the week E and H	Alphabet song Letters in our name song All about the Letter E Letter E song Letter E song 2	Alphabet song Letters in our name song All about the Letter E Letter E song Letter E song 2	Alphabet song Letters in our name song All about the Letter E Letter E song Letter E song 2	Alphabet song Letters in our name song All about the Letter E Letter E song Letter E song 2	
9:45-9:55	Music and movement	Emotions Song Tapping to the Alphabet Count on me	Emotions Song Tapping to the Alphabet Count on me	Emotions Song Tapping to the Alphabet Count on me	Emotions Song Tapping to the Alphabet Count on me	Emotions Song Tapping to the Alphabet Count on me
9:55-10:15	Story time Theme based book and lesson	Book: Feelings Introduction – Emotions Recite an emotions manta and sing a HEART bingo song	Book: If your Happy and you know it. Color Monster Discuss - Happy Feelings Sing a repeated movement song Play letter H game	Book: What are you so Grumpy About Pout Pout Fish Discuss - Grumpy Feelings and what to do when you feel grumpy	Book: The Way I Feel Discuss - Sad Feelings, Look at real pictures of sad children. Discuss how body language can be a clue that someone is sad. Emotions match game	

				Facial Expression game		
10:15-10:45	Art and Centers Small group time: Letter E	Sensory table Writing table- tracing horizontal lines, build letter E Feeling blocks Stamping with emotion stamps	Search and find painting – painting over white crayon faces to find the emotion. Feeling blocks Color Monster activity	Writing table- tracing horizontal lines, build letter E Name tracing Feeling blocks Feelings tracing with paint	Fine motor – painting different types of lines Sensory table sort Feeling blocks Color monster with clay	
10:40-11	Recess	Recess	Recess	Recess	Recess	Recess
11-11:30	Heggerty and Fine Motor/Scribble Scrabble Journals					
11:30-12:15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15-12:30	Bathroom break Get ready for recess	Bathroom break Get ready for recess	Bathroom break Get ready for recess	Bathroom break Get ready for recess	Bathroom break Get ready for recess	Bathroom break Get ready for recess
12:30-1:00	Recess	Recess	Recess	Recess	Recess	Recess
1:00-1:10	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break
1:10-1:30	Story time	Sign Language 1:30	Music with Miss Meghan 2pm	Students Choice	Spanish with Brea 2pm	
1:30-2:45	Centers	Students Choice	Students Choice	Students Choice	Students Choice	Students Choice
2:45-3:00	Music and movement – Yoga	Music and movement – Yoga <u>Colors of Me Yoga</u>	Music and movement- Yoga <u>Colors of Me Yoga</u>	Music and movement – Yoga <u>Colors of Me Yoga</u>	Music and movement – Yoga <u>Colors of Me Yoga</u>	Music and movement – Yoga <u>Colors of Me Yoga</u>
3:00-3:30	PM Snack Social Centers/recess Pack-up for pick-ups					