

Week:  
Sept 30-Oct. 4,  
2023

Unit theme:  
All about Me and My Emotions

Learning Centers:  
1. Blocks  
2. Play dough – Emotion  
Faces  
3. Home Living- Baby Center  
4. Legos  
5. Little people town

6. Sensory table – emotion color sort  
7. build a family – math activity  
8. Emotion Block  
9. Make a face – felt board  
10. Fine motor – cutting with scissors, beading  
11. Mindfulness coloring pages

|                   |                                                     | Monday                                                                                       | Tuesday                                                                                                                     | Wednesday                                                                                                      | Thursday                                                                                                      | Friday                                                                                                    |
|-------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>7:15-8:15</b>  | <b>Arrival – Sign in</b>                            | Outside Arrival                                                                              | Outside Arrival                                                                                                             | Outside Arrival                                                                                                | Outside Arrival                                                                                               |                                                                                                           |
| <b>8:15-8:30</b>  | <b>Recess</b>                                       | <b>Recess</b>                                                                                | <b>Recess</b>                                                                                                               | <b>Recess</b>                                                                                                  | <b>Recess</b>                                                                                                 | <b>Recess</b>                                                                                             |
| <b>8:30-9:00</b>  | <b>Morning Meeting and Math based Calendar time</b> | <b>Morning Meeting</b><br>Morning songs<br>I love you Ritual<br>Attendance and Wish You Well | <b>Morning Meeting</b><br>Morning songs<br>I love you Ritual<br>Attendance and Wish You Well<br><br>Al's Pals               | <b>Morning Meeting</b><br>Morning songs<br>I love you Ritual<br>Attendance and Wish You Well                   | <b>Morning Meeting</b><br>Morning songs<br>I love you Ritual<br>Attendance and Wish You Well<br><br>Al's Pals | <b>Morning Meeting</b><br>Morning songs<br>I love you Ritual<br>Attendance and Wish You Well              |
| <b>9:00-9:15</b>  | <b>Bathroom Break</b>                               | <b>Bathroom Break</b>                                                                        | <b>Bathroom Break</b>                                                                                                       | <b>Bathroom Break</b>                                                                                          | <b>Bathroom Break</b>                                                                                         | <b>Bathroom Break</b>                                                                                     |
| <b>9:15-9:30</b>  | <b>AM Snack</b>                                     | <b>AM Snack</b>                                                                              | <b>AM Snack</b>                                                                                                             | <b>AM Snack</b>                                                                                                | <b>AM Snack</b>                                                                                               | <b>AM Snack</b>                                                                                           |
| <b>9:30-10:00</b> | <b>Circle time</b><br><i>Alphabet song</i>          | <i>Alphabet song</i><br>Letters in our name song                                             | <i>Alphabet song</i><br>Letters in our name song                                                                            | <i>Alphabet song</i><br>Letters in our name song                                                               | <i>Alphabet song</i><br>Letters in our name song                                                              | <i>Alphabet song</i><br>Letters in our name song                                                          |
|                   | <b>Music and movement</b>                           | <a href="#">Emotions Song</a><br><a href="#">Count on me</a><br>Mat man                      | <a href="#">Emotions Song</a><br><a href="#">Count on me</a><br><a href="#">Mat man</a>                                     | <a href="#">Emotions Song</a><br><a href="#">Tapping to the Alphabet</a><br><a href="#">Count on me</a>        | <a href="#">Emotions Song</a><br><a href="#">Count on me</a><br><a href="#">Mat man</a>                       | <a href="#">Emotions Song</a><br><a href="#">Count on me</a><br><a href="#">Mat man</a>                   |
|                   | <b>Story time</b><br>Theme based book and lesson    | Book: Im Happy Sad Today<br>Discuss Exited Feelings<br>Picture sort and hidden toys game     | Book: Color Monster<br>Discuss Excited Feelings<br><br>Sort pictures into 2 groups – things that are exciting/not exciting. | Book: A Little Bit Brave<br>Discuss Worried Feelings- Sing a song about strategies to use when we are worried. | Book: The Boy with Big, Big Feelings<br>Discuss the meaning of impatience.<br><br>5 Little children poem      | Book: The Way I Feel<br>Discuss what it means to feel overwhelmed<br><br>Play overwhelmed strategies game |

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|--------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
|                    |                                                                    |                                                                       |                                                                      | Play shape recognition game                                                                                                                   |                                                                                                                               |                                                                       |
| <b>10-10:45</b>    | <b>Art and Centers</b>                                             | Dot – Shapes activity<br><br>Emotion Doodle<br>Rubbings               | Feelings face matching game<br><br>Make color monster out of Clay    | Water color - blow painting a worry.<br><br>Small group: What to do when you have a problem – discuss and practice a problem-solving solution | Small group: What to do when you have a problem – discuss and practice a problem-solving solution<br><br>Paint color monsters | Emotions face slide project<br><br>Paint color monsters               |
| <b>10:45-11</b>    | <b>Recess</b>                                                      | <b>Recess</b>                                                         | <b>Recess</b>                                                        | <b>Recess</b>                                                                                                                                 | <b>Recess</b>                                                                                                                 | <b>Recess</b>                                                         |
| <b>11-11:30</b>    | <b>Heggerty and Fine Motor/Scribble Scrabble Journals</b>          |                                                                       |                                                                      |                                                                                                                                               |                                                                                                                               |                                                                       |
| <b>11:30-12:15</b> | <b>Lunch - Review Manners</b>                                      | <b>Lunch</b>                                                          | <b>Lunch</b>                                                         | <b>Lunch</b>                                                                                                                                  | <b>Lunch – Pick ups for Pumpkin Patch</b>                                                                                     | <b>Lunch</b>                                                          |
| <b>12:00-12:15</b> | <b>Bathroom break<br/>Get ready for recess</b>                     | <b>Bathroom break<br/>Get ready for recess</b>                        | <b>Bathroom break<br/>Get ready for recess</b>                       | <b>Bathroom break<br/>Get ready for recess</b>                                                                                                | <b>Bathroom break<br/>Get ready for recess</b>                                                                                | <b>Bathroom break<br/>Get ready for recess</b>                        |
| <b>12:15-1:30</b>  | <b>Recess</b>                                                      | <b>Recess</b>                                                         | <b>Recess</b>                                                        | <b>Recess</b>                                                                                                                                 | <b>Recess</b>                                                                                                                 | <b>Recess</b>                                                         |
| <b>1:30-2</b>      |                                                                    | Sign Language with Savanah 1:30-2                                     | Music with Miss Meghan 1:30-2                                        | P.E. – Feelings face Hop                                                                                                                      | Pumpkin Patch field trip 1-3pm                                                                                                | Students Choice                                                       |
| <b>2-2:45</b>      | <b>Centers</b>                                                     | Students Choice                                                       | Students Choice                                                      | Students Choice                                                                                                                               | Students Choice                                                                                                               | Students Choice                                                       |
| <b>2:45-3:00</b>   | <b>Music and movement - Yoga</b>                                   | <b>Music and movement – Yoga</b><br><a href="#">Colors of Me Yoga</a> | <b>Music and movement- Yoga</b><br><a href="#">Colors of Me Yoga</a> | <b>Music and movement – Yoga</b><br><a href="#">Colors of Me Yoga</a>                                                                         | <b>Music and movement – Yoga</b><br><a href="#">Colors of Me Yoga</a>                                                         | <b>Music and movement – Yoga</b><br><a href="#">Colors of Me Yoga</a> |
| <b>3:00-3:30</b>   | <b>PM Snack<br/>Social Centers/recess<br/>Pack-up for pick-ups</b> |                                                                       |                                                                      |                                                                                                                                               |                                                                                                                               |                                                                       |