



Topics We Explore:

Belonging & Connection

- Focus: Feeling safe, loved, and included
- We might: Talk about the people and places where we belong and practice ways to help others feel included.

Understanding Feelings

- Focus: Recognizing and naming emotions
- We might: Make feeling faces, identify how characters feel, and practice putting words to our own emotions.

Calming Big Feelings

- Focus: Learning what we can do when emotions feel BIG
- We might: Practice breathing, movement, sensory strategies, or other simple ways to help our bodies calm down.

Friendship

- Focus: Learning how to connect and play with others
- We might: Practice sharing, taking turns, inviting someone to play, and being a good friend.

Kindness & Empathy

- Focus: Recognizing and caring about how others feel
- We might: Look for kindness in our story and practice different ways we can show someone we care.

Confidence & Courage

- Focus: Trying new things and believing in ourselves
- We might: Celebrate what makes each of us special, practice encouraging words, and talk about what it means to be brave.

Problem-Solving

- Focus: What to do when things don't go our way
- We might: Practice using our words, asking for help, waiting, taking turns, and trying another way.

Change & Growing

- Focus: Navigating new experiences and transitions
- We might: Talk about changes, new routines, growing independence, and getting ready for kindergarten or First Grade.

