



**Preschool and Pre-K
Children's Mental Health Week
Activities**



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START



**Nutrition
Services**
DECAL

	Mindful Monday	Talk It Out Tuesday	Wellness Wednesday	Thoughtful Thursday	Feelings Friday
Literacy	<p><u>Saturday</u> by Oge Mora BEFORE listening to the story, ask children why they think the title of the book is <i>Saturday</i> and not another day of the week. AFTER reading, ask “Why was Saturday such a special day for Ava and her mother?” CLL5.4a; CP2.4d</p>	<p><u>The Boy with Big, Big Feelings</u> by Britney Winn Lee After listening to the story, ask, “Why did the boy try to stuff all his feelings deep down? What changed...why did he feel he no longer had to hide his emotions?” CLL5.4c; SED5.4d</p>	<p><u>Belly Breathe</u> by Leslie Kimmelman Practice belly breathing together. Think of other ways to calm down. Discuss how Ava and her mother used belly breathing to push out bad feelings in Monday’s book, <i>Saturday</i>. SED3.4b; SED3.4c</p>	<p><u>You Matter</u> by Christian Robinson Discuss the story as you read along. Ask, “Has anyone ever said you were a pest? If you fall, has anyone ever been too busy to help you?” How did it make you feel? Discuss students’ responses. CLL5.4d; SED1.4a</p>	<p><u>Saturday</u> by Oge Mora Make puppets of Ava and her mother from old socks or other available materials. Ask students to plan a splendid day together with their family. Act out/retell the story and create your own splendid day. CLL5.4b; CR4.4b</p>
Phonological Awareness	<p>Mother Goose Monday Have students choose their favorite nursery rhyme to see and say together or introduce him to your favorite! Ask him to identify the rhyming words he hears. SED4.4c; CLL6.4b</p>	<p>I Say, You Say I say /H/...you say /elp/ /H/ – /elp/ What do we do for others? We HELP our friends! (try segmenting and blending other words) SED4.4d; CLL6.4f</p>	<p>Willaby Wallaby Wednesday Help students make up rhyming words for his name and the names of family & friends. You can also try to rhyme some of the Mental Health vocabulary words like: Kind, Feelings, Sad, etc. CLL6.4b; SED3.4</p>	<p>What’s that Sound? Go outside with students. Get comfortable. Be perfectly still, quiet, and close your eyes. See if they can identify sounds, using only their ears. CLL6.4a; SED1.4c</p>	<p>Sentence Segmenting Say a simple sentence, like: “I can handle it.” Using small objects (i.e. pebbles or pennies), count the words by placing one penny in a line for each word. Repeat with other sentences. CLL6.4d; SED3.4b</p>
Music & Movement	<p><u>Don’t Worry...Be Happy Sad, Bad, Terrible Day</u> <u>Belly Breathe song</u> SED2.4c; CR3.4a</p>	<p><u>Jungle Yoga Safari Adventure</u> <u>Make New Friends</u> <u>Mood Walk</u> SED2.4c; CR3.4a</p>	<p><u>Belly Breathing: Mindfulness for Children</u> <u>Kindness</u> <u>This Is How I Do It</u> SED3.5c; CR3.4a</p>	<p><u>Affirmation Song</u> <u>Kindness is a Muscle</u> <u>Friends Song</u> SED1.4b; CD3.4a</p>	<p><u>CALI’s Feeling Friday Dance Party</u> <u>What a Wonderful World Celebration</u> SED2.4c; PDM5.4b</p>
Math & Science	<p>List of Letters Help students think of words that describe themselves. Write the words as the student says them. Help students count the number of letters in each descriptive word. Find which word has the most/least letters. MA1.4b; SED1.4b</p>	<p>Pyramid Builders Using plastic cups, challenge students to build a pyramid as tall as possible. How tall can they build it before it falls? SED1.4c; MA3.4a; APL1.4c</p>	<p>Water Wednesday Fill a bucket with water. Have students use the water to fill measuring cups or spoons. Discuss which cup or spoon holds the most water? Least? Experiment to see which cups and spoons sink or float? SC2.4a; SED1.4c</p>	<p>Cloud Shapes Go outside with paper and a writing utensil. Lay down and observe the clouds. Ask, “What shapes do you see in the sky?” Have students draw the shapes created by the clouds on their paper. Write down what they say as they describes the different clouds. SC2.4c; SED1.4c</p>	<p>Friday Find and Sort Help students find 5-10 small objects. Have them sort the objects by color, size, number of holes (buttons), number of legs (toy animals), or other attributes. MA4.4b; SED1.4c</p>
Motor Skills	<p><u>Move with Me Monday</u> After singing and following along, see how long you and your students can balance on one leg. Change legs, try a different pose. SED1.4c; PDM3/4a</p>	<p>Tuesday Tweezer Trek Walk with your students around the playground and see what they can collect using tweezers. Don’t forget a container to put it all in! PDM6.4a; SED1.4d</p>	<p><u>To Make Me Feel OK</u> Sing about things your students can do to feel ok...make bubbles, slime, or fingerpaint to play with when things aren’t going their way. PDM6.4a; SED2.4a</p>	<p>Playdough Name Party! Have your students make the letters of their name by rolling and shaping each letter with playdough. PDM6.4a; SED1.4a</p>	<p><u>Don’t Give Up</u> Ramp up these gross motor skills: play catch, row a boat, go skating, or practice balancing. Encourage your students to “try, try, and try some more...don’t give up!” PDM5.4b; SED1.4c</p>
Social Emotional	<p>Mindful Monday <u>Calming down with Cali</u> Cali knows just what to do when it comes to calming down. Have your students recall what to do in various situations. SED3.4b</p>	<p>Talk It Out Tuesday <u>I Can Handle It</u> Discuss how emotions make us feel, and ways your students can handle anything! Their new mantra should be: “I can handle it!” SED3.4c</p>	<p>Wellness Wednesday <u>Shake It Off</u> Help students learn to shake off those yucky feelings so they can move on with their day. Knowing how to shake it off during the rough moments will help them move forward. SED3.4b; PDM3.4a</p>	<p>Thoughtful Thursday <u>The Color Monster</u> Encourage students to talk about what makes them feel the many different emotions (colors) that were mentioned in the book. SED3.4b; CLL5.4d</p>	<p>Feelings Friday <u>Big Feelings</u> It is helpful for children to learn that others struggle with big feelings, too. Play the <u>Feeling Faces Game</u>. SED2.4d</p>

Post pictures of your Children’s Mental Health Week activities using #DECALCMHWeek2024 #LittleKidsBigFeelings #KidsMindsMatter