

**Class:** Big Sprouts

**Week of:** 9/7/26

**Feeling of the Month:** Strong

**Kind Act of the Month:**

|                                                                                  | Activities                                                                                                                                                         | Skills                                                                                                        |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>Once Upon a Time</b><br><i>(Focus/Cognitive Skills/<br/>Literacy)</i>         | <ul style="list-style-type: none"><li>● Practicing Deep Breaths and Gentle Hands</li><li>● Story: <b>Bear Hunt</b></li><li>● Reviewing Magical Creatures</li></ul> | <ul style="list-style-type: none"><li>● Self-Soothing techniques</li><li>● Sitting and Listening</li></ul>    |
| <b>Kindness and Caring</b><br><i>(Self-help/Feelings &amp; Kind Acts)</i>        | <ul style="list-style-type: none"><li>● Cooking with Friends</li><li>● Kindness Heart</li></ul>                                                                    | <ul style="list-style-type: none"><li>● Following Instructions</li><li>● Sharing &amp; Taking Turns</li></ul> |
| <b>Exploration &amp; Wonder</b><br><i>(Outdoor learning/Magic of Cedarville)</i> | <ul style="list-style-type: none"><li>● Bear Hunt</li><li>● Bird Watching</li></ul>                                                                                | <ul style="list-style-type: none"><li>● Listening to Story &amp; Sensory</li><li>● Observing Nature</li></ul> |
| <b>Questioning</b><br><i>(Science/Tech./Engineering/Math)</i>                    | <ul style="list-style-type: none"><li>● Bear Bread</li><li>● Beary Fun Scavenger Hunt</li></ul>                                                                    | <ul style="list-style-type: none"><li>● Cooking &amp; Placing Food</li><li>● Following Directions</li></ul>   |
| <b>Discovery</b><br><i>(Art/Sensory/Dramatic Play)</i>                           | <ul style="list-style-type: none"><li>● Fork Bears</li><li>● Bear Hands</li></ul>                                                                                  | <ul style="list-style-type: none"><li>● Fine Motor</li><li>● Sensory</li></ul>                                |
| <b>Moving and Grooving</b><br><i>(Gross Motor)</i>                               | <ul style="list-style-type: none"><li>● Feeding the Bear</li><li>● Woodland Dance</li></ul>                                                                        | <ul style="list-style-type: none"><li>● Observation &amp; Fine Motor</li><li>● Dancing</li></ul>              |