

Class: CEDARS PRE-K

Week of: September 8th, 2026

Feeling of the Month: Frustration

Kind Act of the Month: Cedars Kindness Challenge

Activities	Activities	Skills
Morning Meeting (Feelings/ Cognitive Skills/ Literacy)	Story: Giraffes Can't Dance by Giles Andreae Concept: Everyone learns differently, and teamwork helps us solve problems and feel supported. Learning: Talk about Gerald's frustration and how a friend helps him keep trying. Novel: Amelia Bedelia Means Business	Feelings vocabulary - frustration Listening - retelling - prediction Perspective-taking - communication
Kindness and Caring (Self Help, Feelings, & Kind Acts)	Teamwork Makes the Dream Work: role-play ways to respond when a friend feels frustrated. Practice: "I can help," "Let's try together," and "It's okay to try again." Create a class Teamwork Chain with one helpful action from each child.	Empathy - kindness - self-regulation Problem-solving - cooperation Positive peer interactions
Exploration and Wonder (Outdoor learning/ Magic of Cedarville)	Enchanted Forest Team Hunt: Hide pictures or objects representing fairy-tale characters around the outdoor area. Children work together to find them and match each character to a story.	Nature observation - collaboration Communication - problem-solving
Questioning (Science/Tech, Engineer, Math)	Fairy-Tale Team Quest: work in small groups to collect natural "magic ingredients" build a fairy house, giant's castle, or enchanted bridge together. Build It Together: teams use blocks, cups, or recycled materials to build a bridge for a fairy-tale character. Ask: What makes a strong bridge? What can we change when it falls? Compare height, length, and number of pieces.	Engineering design - prediction Counting - measuring - comparing Cause and effect - persistence
Discovery (Art/Sensory/Dramatic play)	"Frustration to Fabulous" Giraffe Art Give children a giraffe outline and let them decorate it however they want. Talk about how Gerald felt frustrated at first but kept trying. Add the phrase: "I can try again!" Collaborative Fairy-Tale Castle + Frustration Connection: practice choosing a strategy when work feels hard. Children will use a large piece of cardboard or paper and work together to make a giant castle.	Creative expression - music and movement Dramatic play - imagination Turn-taking - cooperation - storytelling Problem-solving - cooperation
Moving and Grooving (Gross Motor)	Dance Like Gerald: listen to different music and create a group dance. Make fairy-tale crowns, character props, and story pieces, then act out Giraffes Can't Dance or invent a fairy tale where characters solve a problem as a team.	Balance - coordination Gross-motor planning - teamwork