

Class: Sprigs

Week of: 9/7/2026

Feeling of the Month: Frustrated

Kind Act of the Month: Teamwork Trolls

	Activities	Skills
Once Upon a Time <i>(Focus/Cognitive Skills/ Literacy)</i>	Story: The Three Billy Goats Gruff Concept: Adventures can be more fun when we work together, solve problems, and ask for help. Learning: Children will listen for beginning, middle and end. Introduce vocabulary: adventure, teamwork, problem, solution, frustrated	Listening and comprehension, sequencing, prediction, vocabulary, emotional language, problem solving
Kindness and Caring <i>(Self-help/Feelings & Kind Acts)</i>	Independence skill- Small classroom responsibility Feeling focus: Frustrated. Practice: “Stop, take a breath, try again, or ask for help.” Role-play a simple frustrating situation	Responsibility, independence, self-regulation, communication, empathy, persistence
Exploration and Wonder <i>(Outdoor learning/ Magic of Cedarville)</i>	Nature Adventure Walk: Follow a simple trail and look for leaves, sticks, rocks, flowers, birds, or insects. Team challenge: Carry a shared basket of found natural objects back to the group and decide together where to place them.	Observation, teamwork, safe outdoor habits, responsibility for nature, classification
Questioning <i>(Science/Tech./ Engineer/Math)</i>	Troll Bridge Problem-Solving Challenge: Use blocks, sticks, cardboard, or other safe materials to build a bridge for a toy animal. Count materials, compare long/short, and test whether the bridge can hold the toy.	Problem solving, engineering design, counting, comparing, predicting, cause and effect, teamwork
Discovery <i>(Art/Sensory/Dramatic play)</i>	Create a Nature Troll Adventure: Make simple troll faces or puppets from paper and natural materials such as leaves, twigs, and pebbles. Then use them in dramatic play with a bridge, forest, and animal friends. Invite children to act out a problem and work together to find a solution.	Creativity, fine motor, sensory exploration, dramatic play, social cooperation, storytelling
Moving and Grooving <i>(Gross Motor)</i>	Troll Bridge Adventure Course: Children walk across a taped “bridge,” step over pretend logs, crawl through a “forest,” carry a light basket, and work with a partner to move a soft object to a safe destination. When a challenge feels frustrating, pause for a breath and try a different way.	Balance, coordination, gross motor planning, body control, persistence, teamwork

