



Kindergarten: Foundations

Exploring Feelings and Actions

Chapter 1: Wayfinder Mindsets

In this chapter, we will get to know each other and practice our community agreements.

K.1. Intro + Agreements

In this module, we will play some games to begin to get to know each other and practice agreements that support a kind and caring classroom.

K.1.1. Intro: We're Going on a Journey

CORE SKILL

How can we care for new friends in this classroom?

Collaboration

K.1.2. Community Agreements

CORE SKILL

What are our class agreements?

Collaboration

Chapter 2: Wayfinder Skills

In this chapter, we will learn a set of skills to help us understand how we feel and practice the actions we can take to care for ourselves and others.

K.2. Feelings + Space

In this module, we will meet our friend Super Sea Star, who will help us understand that feelings are important and teach us how we use them, release them, and share them.

K.2.1. We All Feel

CORE SKILL

What are we feeling?

Empathy

K.2.2. Three Deep Breaths

CORE SKILL

How do we know what we're feeling?

Adaptability

K.2.3. Big Feelings, Bigger Me CORE SKILL
What do we do with our big feelings? Agency

K.2.4. Sharing Feelings CORE SKILL
How do we share our feelings with others? Collaboration

K.3. Play + Purpose

In this module, as the experts on our own lives we will share about our families, our favorite things, and our strengths.

K.3.1. Roll Call Shabooya CORE SKILL
What are we good at? Self-Awareness

K.3.2. My Family CORE SKILL
What do we love about our families? Self-Awareness

K.3.3. My Favorite Things CORE SKILL
Do we have to like that same things? Purpose

K.3.4. I Am Strong and Careful CORE SKILL
How can we keep each other safe? Self-Awareness

K.4. Care + Curiosity

In this module, we will explore caring for one another, the things in our classroom, and the wider world.

K.4.1. Caring for Things CORE SKILL
Why do we put things away? Adaptability

K.4.2. Caring for People CORE SKILL
How can we care for each other? Collaboration

K.4.3. Would You Rather? CORE SKILL
Can we show care by listening to each other's opinions? Collaboration

K.4.4. Wide, Wondrous World CORE SKILL
Can we notice and appreciate the animals in our environment? Empathy

K.5. Communication + Kindness

In this module, we will practice listening and paying attention to ourselves and our environments and being kind to one another.

K.5.1. The Sounds Around

CORE SKILL

What do we hear when we listen carefully?

Empathy

K.5.2. I See How You're Feeling

CORE SKILL

How do we use our bodies and faces to express feelings?

Empathy

K.5.3. Sharing Our Hearts

CORE SKILL

How can we care for our hearts and the hearts of others?

Self-Awareness

K.5.4. Helping Hands

CORE SKILL

How can our hands help?

Agency

Chapter 3: Wayfinder Reflections

In this chapter, we'll reflect on the past year and celebrate our time together!

K.6. Closing Reflections

In this module, we will reflect on what we've learned the past year and celebrate and appreciate one another.

K.6.1. Personal Reflection: How I've Grown

CORE SKILL

What did we learn about ourselves?

Self-Awareness

K.6.2. Community Closing: Celebrate Us!

CORE SKILL

How do we celebrate ourselves?

Collaboration
