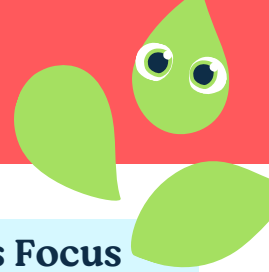


# Fall 2023—Wellness

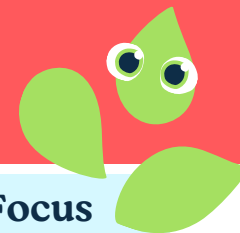
## Series Curriculum Overview



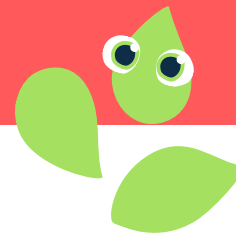
	Lesson Title	Lesson Description	Wellness Focus
Pre Season	 Introductory Lesson Stone Soup	In our fall introductory lesson, we'll give each explorer their very own stone. Then, we'll work together as a group to transform our stones, water and the natural treasures around us into a marvelous pretend soup.	Wellness Focus: We Are Unique and United Featured Creature: Chimpanzee
Unit 1: Feeling Centered	 Lesson 1 Hello, Earth!	Wellness starts when we feel grounded and "in our bodies." We'll kick off our fall season by activating our senses and exploring ways to feel centered and connected to ourselves and to the earth beneath our feet.	Wellness Focus: Activating and Balancing Our Senses Featured Creature: Earthworm
	 Lesson 2 Cache Treasure	What better way to fall in love with being active than to play like squirrels? This time, we'll find an empty treasure box. Together we'll move like agile squirrels as we search for hidden treasures that we can cache in our treasure box.	Wellness Focus: Physical Activity Leads to Healthy Outcomes Featured Creature: Squirrel
	 Lesson 3 Wonder Walk	Practicing wonder is key to well being. In this lesson, we take a wonder walk, noticing and asking questions about the nature around us. Along the way, we'll discover something curious...squiggles that we can use to pretend and spark joy.	Wellness Focus: Curiosity is Key to Well Being Featured Creature: Cat
Unit 2: Taking Leaps	 Lesson 4 Take Flight	This time, we take on the perspective of migrating birds, who persist through challenges to make their long journey every fall. We'll don our wings and take on the perspective of hard working birds. We'll also create a feeder to support them in their amazing effort.	Wellness Focus: Persisting Through Challenges Featured Creature: Whimbrel

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	Lesson Title	Lesson Description	Wellness Focus
Unit 2: Taking Leaps	 Lesson 5 Marvelous Mistakes	In this lesson, we set out to create, only to discover that our canvas has an unwelcome splotch on it. Even worse, we forgot our art supplies! We'll work together to adapt and adjust to turn the mistake into a masterpiece.	Wellness Focus: Adjusting to Challenge and Frustration Featured Creature: Raccoon
	 Lesson 6 Stick Around	When kids learn how to navigate risks, they enjoy great experiences & learn how to keep themselves safe. To help kids learn to manage risks, today we'll introduce the "#1 toy of all time"—sticks! We'll discover how to explore sticks and stay safe.	Wellness Focus: Managing Risks Featured Creature: White-Tailed Deer
Unit 3: Strong Connections	 Lesson 7 Thankful Tree	This time, we'll reflect on and discover why we can feel grateful about the marvelous trees around us. Then, together, we'll use sticks and printed gratitude leaves to create our own "thankful tree" to express the gratitude we feel for all that we share.	Wellness Focus: Practicing Gratitude Featured Creature: Oak Tree
	 Lesson 8 Lantern Making	In preparation for our annual Lantern Walk (11/5), we'll turn jars into kid-made lanterns that can light up the darkness of the evening, help us learn to embrace change, and connect us to the cycles and rhythm of nature.	Wellness Focus: Embracing Change Featured Creature: Snowshoe Hare
	 Lesson 9 Fall Feast	At the end of the day, it's the relationships that sustain us most of all. In our final live session, we share and celebrate special traditions from our families as we cook a pretend feast, just like the ones so many of us share with family and friends during the holiday season.	Wellness Focus: Family & Community Connections Featured Creature: Explorers!



### Recommended Book List

To follow are recommended books to compliment each of the lessons in the Wellness series.

PreSeason—Stone Soup by Heather Forest

Lesson 1—A Stone Sat Still by Brendan Wenzel

Lesson 2—Girl Versus Squirrel by Hayley Barrett

Lesson 3—Wonder Everywhere by Matthew Swanson

Lesson 4—The Year We Learned to Fly by Jacqueline Woodson

Lesson 5—Beautiful Oops by Barney Saltzberg

Lesson 6—Scaredy Squirrel by Melanie Watt

Lesson 7—The Tree in Me by Corinna Luyken

Lesson 8—The Little Yellow Leaf by Carin Berger

Lesson 9—The Greatest Table by Michael J. Rosen

### Focus Skill—Wellness



This Fall, we focus on **Wellness**—that combination of physical, mental and emotional health kids need to thrive. Our curriculum will help kids develop language, strategies and habits that help build strong bodies, minds and hearts. [Read more](#) about why Wellness matters more now than ever.

### Up Next:



#### 11th Annual Lantern Walk—November 5th

On 11/5, TG families and friends will gather and walk with homemade lanterns to welcome winter's darkness.



#### Winter 2024—Persistence/Animal Superheroes Series

Focus Skill—Persistence. Each lesson this winter is inspired by a different animal superhero. We'll use each animal's amazing powers for survival as a jumping off point for play and learning.