Kindergarten

Identity-Affirming Approach to Teaching and Learning

As you plan to engage in these learning activities, consider students' varied strengths, needs, identities and experiences. Consider if there is anything you would add or adapt to affirm the identities of students. These learning activities provide a starting place. Use your professional judgement and collaboration with students and/or parents/caregivers to differentiate as needed.

Belonging and contributing

Connectedness and relationships; contributions as part of a group, a community, and the natural world

Read aloud

- We're All Wonders
- What's My Superpower?
- Sweetest Kulu

Building skills

- Kindness jar – Everyday Mental Health or Faith and Wellness
- High five to friendship – Everyday Mental Health or Faith and Wellness
- Pay it forward – Everyday Mental Health or Faith and Wellness
- Daily greetings – Everyday Mental Health or Faith and Wellness
- What's new? – Everyday Mental Health or Faith and Wellness

Communication

- Kindness jar
- Inspirational graffiti

Problem solving and innovating

Exploring, asking questions, solving problems, analytical thinking

Read aloud

- Whimsy's Heavy Things

Building skills

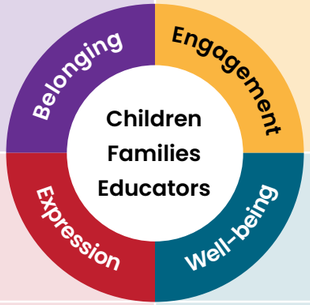
- Stop, think, go – Everyday Mental Health
- Red, yellow, green – Faith and Wellness

Grab and Go activities

- Would You Rather?

Communication

- Stop, Think and Go Problem-Solving



Demonstrating literacy and mathematics behaviours

Communicating thoughts and feelings, expressing and thinking critically about ideas and emotions

Read aloud

- Visiting Feelings

Building skills

- Four finger affirmation – Everyday Mental Health or Faith and Wellness

Grab and Go activities

- Grab and Go Tools: Simple Learning Activities – Feelings Flashcards, Mood Check-Ins, See and Say How You Feel

Posters

- Four Finger Affirmation

Communication

- Social-emotional learning support activities – What's the Temperature?, Emotion Charades, Four Finger Affirmation

Self-regulation and well-being

Feelings, mental health and wellness, self-awareness, sense of self, ability to self-regulate

Read aloud

- My Heart

Building skills

- Gratitude moment – Everyday Mental Health
- Giving thanks – Faith and Wellness
- Re-focusing – Everyday Mental Health or Faith and Wellness

Posters

- Social-emotional learning posters for elementary – Calm Place, Tense and Relax, Just Breathe, Gratitude Moment, Just Notice, Just Listen, Let it Go

Lessons

- Virtual field trip lessons – Breathing Strategies, Muscle Relaxation Strategies, Visualization, Distraction, Thought-Changing, Gratitude

Communication

- Social-emotional learning support activities – Deep Belly Breathing, Snowstorm in a Bag, Notice the Positive, Show and Share, Organizing Pause, Gratitude Moment

Wondering how to sequence these resources?

Kindergarten Connections

Kindergarten Connections demonstrates how many of the learning activities above can be grouped together to support student mental health learning aligned with the Kindergarten program expectations.

Looking for tools to consolidate learning?

Review and Reflect: Use this tool near the end of the school year to help students pause and reflect on what they have learned about mental health and themselves.

Celebration and Transition: Tips to help students prepare for transition by celebrating the current school year, preparing for summer, and looking forward to the next grade.

- Provides parent/caregiver connections and suggestions to continue the conversation

- Contains press and play videos