

		Approaches to Play and Learning				Social and Emotional Development			Communication, Language, and Literacy Development			Health and Physical Development				Cognitive Development			
		APL1. Curiosity and Initiative	APL2. Creativity and Imagination	APL3. Executive Functions and Cognitive Self-Regulation	APL4. Behavioral Self-Regulation	SED1. Positive Self-Concept	SED2. Emotional Competence	SED3. Interacting with Others	CLLD1. Communication	CLLD2. Foundations of Reading	CLLD3. Foundations of Writing	HPD1. Using Senses	HPD2. Gross Motor	HPD3. Fine Motor	HPD4. Physical Health and Self-Care	CD1. Science	CD2. Social Science	CD3. Mathematics	CD3. Fine Arts
Relate	Is it Fair? Is it True?						◆	◆	◆	◆							◆		◆
	Whatchamacallit					◆		◆	◆								◆		
	Affirmation Songs & Cheers					◆		◆	◆	◆									◆
	Get to Know a Peer				◆			◆	◆								◆		
	It's Good to Be Me!					◆			◆										
	Telephone			◆	◆			◆	◆			◆						◆	
	Partner Talk			◆		◆		◆	◆			◆					◆		
	Follow the Leader			◆				◆				◆	◆						
	Favorite Things					◆		◆	◆								◆		
	Name Movements			◆		◆		◆				◆	◆				◆		
	Who's Missing?			◆				◆	◆								◆	◆	
	Partner Clapping			◆	◆			◆	◆			◆	◆				◆	◆	◆
	How Do They Feel?			◆			◆	◆	◆	◆									◆
	Hello! Goodbye!							◆	◆										
	Unity Songs			◆		◆		◆		◆							◆		◆
	Practice Gratitude			◆		◆		◆	◆								◆		
	Sing My Name!					◆		◆	◆										◆
	Steady Beat Name Game			◆		◆		◆					◆	◆			◆		◆
	Our Classroom Song			◆	◆			◆	◆	◆							◆		◆
	Conversation Starters			◆				◆	◆								◆		
How Can I Help?	◆		◆	◆	◆	◆	◆	◆			◆						◆		
Acts of Kindness	◆		◆		◆		◆									◆			
Think	Let's Pretend		◆	◆							◆	◆			◆				◆
	I-Spy			◆				◆			◆				◆		◆		
	Who Am I?			◆											◆				
	Conversation Starters			◆				◆	◆						◆				
	What's Wrong With This?			◆							◆				◆				
	Memory Game			◆		◆		◆								◆			
	Word Problems			◆				◆										◆	
	Addition/Subtraction Songs			◆				◆	◆	◆		◆						◆	◆
	Shape Scavenger Hunt			◆				◆		◆								◆	
	Sorting Shapes			◆				◆							◆			◆	
	Which is More?			◆				◆	◆									◆	
	Position Words			◆				◆	◆			◆	◆					◆	
	People Sort!			◆		◆		◆	◆						◆	◆	◆	◆	
	Counting Games			◆	◆			◆										◆	
	Counting Fingerplays & Songs			◆				◆	◆	◆		◆						◆	◆
	Steady Beat Patterns			◆				◆				◆						◆	◆
	What Would Happen If?	◆	◆	◆					◆							◆			
	Same or Different?								◆			◆			◆	◆			
	Snack Math			◆					◆						◆			◆	
	Pattern Movements			◆					◆			◆	◆					◆	◆

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at-a-Glance  
Activity Cards**

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Think	Pattern Hunt			◆				◆							◆		◆		
	Music Math			◆													◆	◆	◆
	Tall Towers	◆	◆															◆	
	Let's Solve It			◆				◆						◆		◆			
	Thinking Outside the Box	◆	◆	◆				◆						◆					◆
	Watch it Roll			◆								◆			◆			◆	
	Shape Toss			◆				◆					◆					◆	
	Exploring Sand		◆							◆		◆		◆		◆			◆
	Dance Like A...		◆	◆	◆							◆	◆			◆			◆
	It Looks Like...		◆						◆						◆				
Communicate	Story Share		◆	◆			◆	◆	◆										◆
	Best, Worst, Weirdest			◆		◆	◆	◆	◆								◆		
	Rhyming Songs & Poems			◆					◆		◆								◆
	News & Updates			◆		◆	◆	◆									◆		
	Conversation Starters			◆		◆	◆	◆									◆		
	Robot Release			◆				◆	◆										
	I'm Thinking Of...			◆	◆			◆											
	Simon Says: Body Parts			◆				◆				◆	◆						
	Letter Names					◆		◆	◆	◆									
	Basket of Letters							◆	◆	◆									◆
	Name Game					◆		◆	◆	◆									
	Topic Talk			◆				◆									◆		
	Letter Hunt			◆					◆	◆									
	Messages			◆				◆	◆	◆				◆					
	Let's Time It!			◆				◆										◆	
	Write That Letter!	◆		◆					◆	◆				◆					
	Sing a Question			◆		◆		◆	◆					◆					◆
	Echo Songs			◆				◆	◆										◆
Active Listening			◆				◆						◆					◆	
Regulate/Move	Follow the Music: Tempo			◆	◆						◆	◆							◆
	Follow the Music: Instruments			◆	◆						◆	◆							◆
	Follow the Leader	◆		◆			◆	◆			◆	◆							◆
	Bubbles			◆							◆	◆							
	Hula Hoops			◆	◆						◆	◆							
	I-Spy			◆			◆	◆			◆	◆							
	Kicking Balls			◆	◆						◆	◆							
	Simon Says			◆	◆			◆			◆	◆							
	Balance Beams	◆		◆	◆						◆	◆							
	Ball Drop			◆	◆							◆	◆		◆		◆		
	Bean Bag Toss			◆	◆						◆	◆	◆						
	Bowling			◆	◆						◆	◆							
	Singing Songs			◆	◆			◆				◆	◆						◆

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Corners			♦	♦	♦			♦			♦	♦				♦		
Dance Party	♦		♦	♦							♦	♦				♦		♦
We're A Zoo		♦	♦	♦				♦				♦		♦				♦
Freeze			♦	♦				♦				♦						♦
Buckets			♦	♦							♦		♦			♦		
Walking & Running			♦	♦				♦				♦						
Hopscotch			♦	♦								♦						
Mindfulness: Guided Imagery			♦	♦				♦					♦					♦
Mindfulness: Meditate			♦	♦				♦					♦					
Mindfulness: Growing Flowers			♦	♦							♦	♦		♦	♦			♦
Mindfulness: Candle			♦	♦									♦					
Mindfulness: Listen to the Bell			♦	♦									♦					♦
Mindfulness: Spiderman			♦	♦							♦		♦					
Mindfulness: Otter Meditation		♦	♦	♦				♦					♦					♦
Yoga: Calm Down			♦					♦			♦	♦	♦					♦
Yoga: Balance			♦								♦	♦		♦				♦
Yoga: Sun Salutation			♦								♦	♦		♦				♦
Yoga: Partner Poses			♦								♦	♦		♦				♦
Yoga: Morning Energy			♦								♦	♦		♦				♦
Yoga: Animal Poses			♦								♦	♦		♦	♦			♦
Breathing: Zipper Lips			♦	♦							♦			♦				
Breathing: Fast Noses			♦								♦			♦				♦
Breathing: Counting Breaths			♦	♦							♦			♦			♦	
Breathing: Dragon's Breath			♦								♦	♦		♦				♦
Breathing: Lion's Breath			♦	♦							♦	♦		♦				♦
Breathing: Balloons			♦								♦			♦				♦
Breathing: Ear Humming			♦								♦			♦				♦
Breathing: Flow			♦								♦			♦				♦
Breathing: Nostrils			♦								♦			♦				
Listen & Keep the Beat			♦								♦			♦				♦
Mindfulness: Musical Minute			♦								♦	♦		♦				♦
Music Tells a Story		♦	♦								♦			♦				♦
Move to the Beat!			♦								♦	♦						♦
Sequence Songs			♦						♦									♦
Circle Songs and Games			♦					♦			♦							♦
Emotion Charades			♦			♦	♦	♦							♦			♦

Regulate/Move