

# Wellness

## A Kindergarten Unit Of Inquiry

### Key Vocabulary

-Respect

-Empathy

-Safe

-Responsibility

-Emotions

-Feelings

-Principled

-Open-Minded



### Central Idea:

Building awareness of self and others promotes growth, wellbeing, and a sense of community

In this unit students will inquire into what they are feeling, how they express themselves when experiences certain emotions, and how to recognize and empathize with the feelings of others. They will also start to become aware of their physical body and how to conduct themselves safely in a school community. Through self reflection they will begin to appreciate differences and similarities between themselves and others.

1

#### AN INQUIRY INTO

...Recognizing and expressing our emotions

2

#### AN INQUIRY INTO

...How to build empathy

3

#### AN INQUIRY INTO

...Recognizing differences between us

4

#### AN INQUIRY INTO

... Accepting ourselves and others