

Facilitator Guide

The School of Play:
Kindergarten Curriculum

20 Weeks of Play, Connection & Life Skills for 3-4 Year Olds



Welcome to The School of Play Kindergarten Curriculum

Dear Teachers,

This facilitator guide has been created to help you deliver a joyful, engaging, and developmentally supportive 20-week play-based curriculum for three- and four-year-olds.

The program is intentionally designed to help children build:

1. Social-emotional skills
2. Confidence
3. Communication
4. Early physical literacy
5. Early cognitive foundations
6. A love of play, movement, and imagination

Every activity is:

1. Plug-and-play
2. Supported by a short video
3. Backed by a clear lesson plan
4. Easy to set up
5. Fun, sensory-friendly, and early-years appropriate

Your role is simple: bring warmth, energy, and encouragement. Everything else is taken care of.

Warm regards,



Dale Sidebottom & Paul Campbell
Directors, The School of Play



What Is the Program Structure?

The curriculum runs across 20 weeks, split into two exciting sections:



WEEKS 1–10: Play, Connection & Social-Emotional Learning

These 10 weeks are all about establishing:

1. A fun, supportive kindergarten culture
2. Strong relationships
3. A sense of belonging
4. Shared routines
5. Emotional awareness
6. Kindness and cooperation
7. Confidence through movement and creative play

Activities include:

1. Partner games
2. Circle connection games
3. Movement adventures
4. Emotion-matching games
5. Sensory-friendly challenges
6. Team mini-missions
7. Play tasks that encourage helping, sharing, and taking turns

The goal:

Help children feel safe, connected, joyful, and excited to learn with one another.

WEEKS 11–20: The Playful Astronaut Curriculum

These weeks are built directly around your beautifully crafted children's book, **The Playful Astronaut**.

Each week explores:

1. One planet
2. One life skill
3. One powerful story section
4. A series of activities that bring that life skill to life

Educators will:

1. **Read the section of the story** related to that week's planet.
2. **Introduce the life skill** using gestures, visuals, sentence starters, or puppets.
3. **Play through the matching activities**, designed to reinforce the skill through movement, imagination, creativity, exploration, and teamwork.

Life skills explored include:

1. Kindness
2. Conflict
3. Vulnerability
4. Resilience
5. Gratitude
6. Confidence
7. Adapability
8. Empathy
9. Play
10. Looking after our planet

The planets make the learning magical. The play makes it meaningful.



Resources Provided

You receive everything needed to run this curriculum confidently:

Resources Provided



ONE Lesson Plans

Clear instructions, learning intentions, outcomes, setup steps, and differentiation ideas.



TWO Video Tutorials

Each activity includes a short demonstration video to support your setup and delivery.



THREE Visuals, Printables & Props

Emotion cards, planet icons, movement cards, astronaut badges, story prompts, reflection tools, and more.



FOUR Curriculum Alignment

Mapped to early years learning frameworks:

1. Social & Emotional Development
2. Communication
3. Physical Development
4. Early Literacy & Numeracy
5. Creative Expression
6. Agency & Independence



FIVE Success Criteria

Simple, observable markers such as:

1. Joining the group
2. Taking a turn
3. Following simple directions
4. Expressing feelings
5. Using kind hands
6. Sharing ideas



Unpacking the Curriculum



Unpacking the Curriculum

Each week follows a predictable structure to support young children's emotional safety, engagement, and readiness to learn.

Start with the Video

A short visual guide shows:

1. How to set up
2. How to introduce the activity
3. Child-friendly language prompts
4. Tips for engagement
5. Optional sensory adjustments

Warm-Up Movement

Simple, playful, and energetic movements such as:

1. Stomping
2. Tiptoeing
3. Bouncing
4. Wiggling
5. Reaching
6. Marching

Warm-ups regulate bodies and prepare children for learning.

Main Play Activity

A hands-on game that develops:

1. Social skills
2. Emotional understanding
3. Physical literacy
4. Imaginative play
5. Peer relationships

Activities are short, structured, and engaging, with clear role modelling.

Learning Focus (Story or Skill Introduction)

For Weeks 1–10:
Simple emotional and social concepts (kindness, turn-taking, listening).

For Weeks 11–20:
A brief reading from *The Playful Astronaut*, followed by a discussion:

1. What did we learn from this planet?
2. What did the astronaut do?
3. When have you needed this life skill?

Cognitive Challenge or Exploration Task

Early numeracy and literacy appear naturally through:

1. Counting
2. Matching
3. Ordering
4. Sorting
5. Naming
6. Predicting
7. Sequencing

Debrief & Reflection

A gentle wrap-up where children share:

1. What made them smile
2. What they learned
3. How they helped someone
4. What they are proud of

For three- and four-year-olds, this is supported with:

1. Emotion cards
2. Thumbs up/side/unsure
3. "Point to how you feel" boards
4. Sentence stems



Weekly Themes Overview



Weeks 1–10: Foundations for Fun & Connection

Focus areas:

1. Friendship
2. Sharing
3. Cooperation
4. Movement confidence
5. Emotional recognition
6. Creativity
7. Play-based learning
8. Classroom belonging

Sample themes:

1. Week 1: Welcome to Our Play Team
2. Week 3: Helping Hands
3. Week 6: Big Feelings & Calming Strategies
4. Week 9: Working Together

Weeks 11–20: The Playful Astronaut Planets

Each week includes:

1. A story chapter
2. A life skill
3. A planet theme
4. Matching play activities

Sample planet themes:

1. The Kindness Planet
2. The Confidence Planet
3. The Gratitude Galaxy
4. The Calm-Down Comet
5. The Creativity Star Cluster

These make the learning magical, memorable, and meaningful.



Facilitator Tips for Success



Lead with Energy and Warmth



Your enthusiasm builds trust and engagement.

Use Repetition and Predictability



Young children thrive on routines, and weekly structure helps them feel safe.

Keep Instructions Simple



Use short sentences, visuals, and demonstrations.

Celebrate Every Win



Effort matters more than outcome:
 1. "You tried something new!"
 2. "You helped your friend!"
 3. "You shared the mat!"

Model Emotional Language



Name your feelings, show calm-down strategies, and celebrate emotions.

Make It Playful



Dramatic voices, movement, and imagination bring the planets to life.



Going Further and Reflection & Assessment



Going Further

To extend the learning at your kindergarten, you may incorporate:

1. Calm corners
2. Emotion check-in boards
3. Planet-themed displays
4. Weekly family updates
5. Small journals for drawings or "astronaut missions"



Reflection & Assessment

This curriculum is not designed for formal assessment.

Use simple observations:

1. Did the child participate?
2. Did they follow a routine?
3. Did they communicate a feeling?
4. Did they connect with a peer?

Reflection prompts and visuals are built into every week.



Closing Thoughts



Let's Play, Imagine & Explore, Together!



The School of Play Kindergarten Curriculum

gives educators and children the opportunity to learn through joy, story, movement, imagination, and connection.

It's flexible.
It's fun.
It's fully supported.

It builds life skills that last far beyond the classroom.

Thank you for bringing this magical experience to life for your children.



The School of Play

Play today,
thrive tomorrow

www.theschoolofplay.co
team@theschoolofplay.co