

Breast Cancer Awareness Month

Classroom Activities

Infants (Birth–12 months)

1) Pink Sensory Basket

Materials: pink fabric scraps, soft pink ball, textured cloth, baby-safe mirror

How: Babies explore on a blanket while you narrate.

Teacher talk: “Soft pink. Gentle hands.”

2) Gentle Music + Rocking “Caring Hearts”

Materials: soft music, scarves (adult-held)

How: Sway and pat rhythms slowly.

Teacher talk: “We care for each other.”

3) Handprint Heart Keepsake

Materials: washable paint, cardstock, wipes

How: One handprint inside a heart; title: “Caring Hands” + date.

Young Toddlers (12–24 months)

4) Pink Sticker Collage

Materials: paper, big pink stickers, crayons

How: Children decorate freely.

Teacher talk: “You’re making a caring picture!”

5) “Helping” Picture Match



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Materials: cards showing helping actions (hugging, sharing, giving, comforting)

How: “Show me helping!” child points or matches.

Teacher talk: “Helping is kind.”

6) Kindness Parade

Materials: ribbon wands or paper hearts

How: Short march around the room with music.

Teacher talk: “We’re a caring community!”

Toddlers (2–3 years)

7) “Kind Words” Circle Time

Materials: talking plush

Practice phrases: “Are you okay?” “Can I help?” “Here you go.”

Teacher talk: “Words can help people feel better.”

8) Process Art: Heart & Ribbon Painting

Materials: paint, paper, sponges/rollers, ribbon shapes (paper)

How: Paint hearts/ribbons and decorate.

9) Community Helper Dramatic Play

Materials: doctor kit (pretend), bandages, clipboard, dolls/stuffed animals

How: Set up a “Care Center” where children practice comfort and helping.

Teacher talk: “Helpers care for others.”

Preschool (3–5 years)

10) “Caring Choices” Sort



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Materials: cards (kind choice / not kind choice) + two mats

How: Children sort and explain: “Which helps our friends?”

Teacher talk: “We choose kindness.”

11) Thank-You Cards for Helpers

Materials: cardstock, markers, stickers, envelopes

Who to thank: school nurse, local clinic staff, community helpers, or your own staff.

Teacher talk: “Thank you for helping people.”

12) Kindness Chain: “Ways We Help”

Materials: paper strips, markers, stapler/tape

How: Each child shares a kind act; teacher writes and links it.

Kindergarten (5–6 years)

13) Caring Project Plan (kid-led)

Materials: chart paper

How: Choose one class action:

- collect coins for a local charity (program-approved)
- make cards for a hospital/support center
- create a “kindness week” plan

Teacher talk: “We can help our community.”

14) Healthy Habits Mini-Lesson

Materials: picture cards (sleep, water, fruits/veggies, movement, doctor visits)

How: Sort into “Healthy habits we can do.”

Important: Keep it general—no medical specifics.

Teacher talk: “Taking care of our bodies helps us stay healthy.”



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Whole-Program Ideas (All ages)

15) Wear Pink Day + Photo Wall

Families/staff wear pink (optional). Create a “We Care” bulletin board.

16) Pink & Patterns Day (math + art)

Count pink items, make pattern strips (pink-white-pink), graph favorite pink objects.

17) Read-Aloud Theme: Caring & Community

Choose books about kindness, helping, and feelings. (No illness storyline needed.)



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