



Month: January Week: 2

Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	SW1.1: Demonstrate self-awareness and confidence.
Indicators		
	Infants (0-6 months) React to calming sounds with smiles or coos.	Infants (6-12 months) Focus on sounds and respond by relaxing or vocalizing.



Activities	
<p>The teacher will play soothing winter-themed sounds, such as wind blowing, light snowfall, or a crackling fire. The teacher will say, "Listen to the snow falling softly." Caregivers will hold infants or place them on soft mats, gently pointing to their ears and saying, "Do you hear that?" For older infants, the teacher will encourage them to babble in response or mimic the teacher saying, "Snow."</p>	
Resources and Materials	
<ul style="list-style-type: none">• Device with calming winter sounds• Comfortable mats for relaxation	
Topic Related Language/ Key Vocabulary	Supports
<p>Snow, soft, sound, listen</p>	<p><u>Beautiful Relaxing Music, Peaceful Soothing Instrumental Music, in 4k "Winter Wildlife" by Tim Janis</u></p>



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Day 2	Topic(s)	Foundation(s)
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	SW2.1: Demonstrate self-control.
Indicators		
	Infants (0-6 months) Listen quietly to music and relax.	Infants (6-12 months) Focus on sounds and respond by relaxing or vocalizing.



Activities	
<p>The teacher will play gentle winter-themed music, such as "Silent Night" or instrumental snow-themed tunes. The teacher will sway along to the rhythm, saying, "Let's sway to the snow music." Caregivers will gently rock younger infants to the rhythm, while older infants will be encouraged to clap their hands or sway their bodies with caregiver support.</p>	
Resources and Materials	
<ul style="list-style-type: none">• Device for music• Winter-themed instrumental or soft vocal tracks	
Topic Related Language/ Key Vocabulary	Supports
Music, snow, clap, sway	Silent Night - Instrumental



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Day 3	Topic(s)	Foundation(s)
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	SW1.2: Demonstrate identification and expression of emotions.
Indicators	Infants (0-6 months)	Infants (6-12 months)
	Smile or coo while enjoying tummy time with caregiver support.	Laugh or vocalize while reaching for toys during tummy time.



Activities

The teacher will set up a soft gray blanket and place infant-safe toys nearby, saying, "It's tummy time on the gray blanket!" Caregivers will encourage younger infants to lift their heads and look around, describing their emotions, "You're so happy playing on your tummy!" Older infants will be encouraged to reach for toys while the teacher or caregiver praises their efforts, saying, "Great reaching for the ball!"

Resources and Materials

- Soft gray blanket
- Infant-safe toys (e.g., rattles, plush balls)

Topic Related Language/ Key Vocabulary

Gray, tummy, happy, reach

Supports





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Day 4	Topic(s)	Foundation(s)
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	SW2.1: Demonstrate self-control.
Indicators	Infants (0-6 months)	Infants (6-12 months)
	Relax while being gently rocked to music.	Smile, coo, or clap hands during swaying motions.



Activities	
<p>The teacher will play soft winter-themed music, like "Winter Wonderland," and gently sway infants in their arms, saying, "We're swaying to the winter song." Caregivers will mimic the swaying motion while humming or singing along. Older infants will be encouraged to clap their hands or sway independently while the teacher cheers them on, saying, "You're moving to the music!"</p>	
Resources and Materials	
<ul style="list-style-type: none">• Device with winter-themed songs• Open space for movement	
Topic Related Language/ Key Vocabulary	Supports
Sway, winter, music, clap	<u>Winter Wonderland - Instrumental</u>



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Day 5	Topic(s)	Foundation(s)	
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	SW4.1: Demonstrate relationship skills.	
Indicators	Infants (0-6 months)		Infants (6-12 months)
	Watch as caregivers mimic falling snowflakes with hands.		Attempt to mimic hand motions with caregiver support.



Activities	
<p>The teacher will demonstrate how to mimic snowflakes falling, gently moving their hands downwards, saying, "The snowflakes are falling softly!" Caregivers will guide younger infants' hands to mimic the motion, while older infants will be encouraged to copy the movement themselves. The teacher will describe the motion, saying, "Soft and slow, like snowflakes!"</p>	
Resources and Materials	
<ul style="list-style-type: none">• Open space for movement• White scarves or ribbons (optional for older infants)	
Topic Related Language/ Key Vocabulary	Supports
Snowflake, soft, fall, slow	