



Month: July Week: 5 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May relax into the caregiver's arms or look toward them.	May hum back or show calming behaviors like thumb-sucking.

Activity: **Gentle Rocking & Humming**

During a calm moment of the day, caregivers will gently rock infants while humming familiar tunes or soft lullabies. The combination of rhythmic motion and quiet sound encourages emotional regulation and builds secure attachment. Infants are invited to relax, bond, and develop early trust with their caregiver. This is a repeat activity from earlier soothing routines used in the month.

Resources/Materials • None	Key Vocabulary: calm, hum, soft	Support:
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Day 2	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self-control SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May snuggle with a blanket or caregiver.	May calm down on their own using a comfort item.
<p>Activity: Cozy Time</p> <p>Infants are provided soft blankets, a quiet space, and soothing tools (such as a lovey or sound machine). Teachers talk gently with each infant and describe what they're feeling or doing: "You're resting now. You look cozy." This revisits earlier quiet-time activities that support emotional awareness and independent calming.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Soft blankets Stuffed animal or familiar comfort toy 	rest, soft, cozy	



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Day 3	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW3.1 Demonstrate conflict resolution
Indicators	Younger Infants	Older Infants
	May react to faces shown with smiles or stares.	May point to or mimic happy or sad expressions.
Activity: Feelings Faces <p>Teachers will show laminated cards with simple happy, sad, and surprised faces. While pointing to each, they describe the expression: “This is a happy face. Can you smile?” Infants are encouraged to respond, imitate, or observe. This supports emotional recognition and was introduced earlier during social circle moments.</p>		
Resources/Materials <ul style="list-style-type: none"> Feelings face cards or mirror Emotion visuals 	Key Vocabulary: happy, sad, face	Support:



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Day 4	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May become calm or still during gentle touch.	May lean in, smile, or relax more intentionally.
Activity: Gentle Rub During transitions or rest time, educators will offer gentle back or arm rubs using slow, rhythmic strokes. While rubbing, they speak softly with the infant: “You’re safe. It’s okay to relax.” This promotes sensory soothing and reaffirms the nurturing bond between infant and caregiver.		
Resources/Materials • None	Key Vocabulary: rub, relax, safe	Support:



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Day 5	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May reach for the book or caregiver.	May hold the book or listen attentively to the reader's voice.
<p>Activity: Snuggle Read</p> <p>Infants choose a familiar book and cuddle with a caregiver during story time. The goal is emotional comfort and connection as they engage in a quiet, shared literacy moment. Snuggle reading was part of previous routines and helps infants build confidence and trust through repetition.</p>		
Resources/Materials <ul style="list-style-type: none"> Board books from earlier in the month 	Key Vocabulary: book, read, cuddle	Support: