



## Month: August Week: 1 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May watch a demonstration of gentle touch.	May attempt gentle touch on a toy or peer.

### Activity: Gentle Touch with Stuffed Animal

Begin by holding a soft stuffed animal and gently patting or stroking it while saying “gentle” in a calm tone. Let each infant touch the stuffed animal while you guide their hand softly. Talk about how gentle touches keep toys and friends safe. For older infants, encourage them to hug or rock the stuffed animal. Repeat the word “gentle” several times to help them connect the action with the meaning.

Resources/Materials • Soft stuffed animal	Key Vocabulary: gentle, soft, toy	Support:
--	--------------------------------------	----------



## Month: August Week: 1 Subject: Student Wellbeing

<b>Day 2</b>	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
<b>Indicators</b>	<b>Younger Infants</b>		<b>Older Infants</b>	
	May watch others smile or wave.		May attempt to smile or wave back.	

### Activity: **Smile & Wave**

Sit in front of the infants and smile warmly, then wave your hand slowly while saying “hello.” Encourage infants to watch and try waving back. For older infants, practice taking turns first you wave, then they wave. Smiling and waving help infants begin to understand greetings and friendly interactions. Reinforce each attempt with praise and positive facial expressions.

Resources/Materials • None required	Key Vocabulary: hello, wave, smile	Support:
--	---------------------------------------	----------



## Month: August Week: 1 Subject: Student Wellbeing

<b>Day 3</b>	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills	
<b>Indicators</b>	<b>Younger Infants</b>		<b>Older Infants</b>	
	May relax or become still during music.		May sway or hum along with music.	

### Activity: **Calm Music Time**

Play soft, soothing instrumental music while infants sit or lie comfortably on a blanket. Dim the lights slightly to create a calm atmosphere. Gently pat or rub the infants' backs to help them settle. For older infants, encourage slow swaying or clapping in time with the music. Use this time to promote self-regulation and relaxation.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft instrumental music</li> <li>Blanket or mat</li> </ul>	<b>Key Vocabulary:</b> music, calm, quiet	<b>Support:</b>
--	--	-----------------



## Month: August Week: 1 Subject: Student Wellbeing

Day 4	Topic(s)		Foundation(s)		
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		SW2.1 Demonstrate self-control SW3.1 Demonstrate conflict resolution		
Indicators					
	Younger Infants		Older Infants		
	May watch a demonstration of gentle hands.		May imitate gentle patting or touching.		
Activity: Gentle Hands Practice					
Model gentle hands by softly patting your own arm while saying “gentle” in a slow, clear voice. Offer your hand or arm for the infant to touch and guide them in doing it softly. Explain that gentle hands keep friends and toys safe. For older infants, practice gentle hands with a peer or a soft toy. Praise every gentle touch to reinforce positive behavior.					
Resources/Materials		Key Vocabulary:		Support:	
• Soft toy (optional)		gentle, hands, soft			



## Month: August Week: 1 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b> Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	<b>Foundation(s)</b> SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May watch others during the song.	May clap, sway, or vocalize during the song.
<p><b>Activity: Friendship Song</b></p> <p>Sit in a circle with the infants and sing a simple song about friends (e.g., “The More We Get Together”). Use hand motions like clapping or swaying to keep their attention. Smile and make eye contact with each infant during their turn in the song. Encourage older infants to clap hands or wave during key words like “friends” or “happy.” Singing together builds connection and helps infants feel included in the group.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>None required</li> </ul>	<b>Key Vocabulary:</b> friend, happy, together	<b>Support:</b>