



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

Day 1	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		SW1.1 Demonstrate self-awareness and confidence  SW2.1 Demonstrate self-control	
Indicators				
	Younger Infants		Older Infants	
	May calm when viewing gentle lights.		May track light movement or coo in response.	
Activity: Calm Light				
Use a soft LED projector or color lamp to display slow-moving lights on the wall or ceiling. Rock or hold the infant while softly naming colors: “Blue... green...” This calm sensory experience helps with regulation and soothing transitions.				
Resources/Materials <ul style="list-style-type: none"><li>LED projector or color lamp</li></ul>		Key Vocabulary: blue, light, calm		Support:



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

Day 2	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		SW1.2 Demonstrate identification and expression of emotions  SW4.1 Demonstrate relationship skills	
Indicators	Younger Infants		Older Infants	
	May look at their own face in mirror.		May smile, touch, or vocalize towards reflection.	
Activity: Mirror Play  Hold a small mirror in front of the infant’s face. Say, “Who do you see? It’s you!” Make happy faces or gentle expressions, encouraging visual interaction. Older infants may reach or giggle at their reflection, building self-recognition and expression.				
Resources/Materials <ul style="list-style-type: none"><li>Infant-safe mirror</li></ul>		Key Vocabulary: happy, face, you		Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		SW2.1 Demonstrate self-control  SW4.1 Demonstrate relationship skills	
Indicators	Younger Infants		Older Infants	
	May settle during calm moments.		May mimic or pause with adult modeling.	
Activity: Still Moments				
Hold the infant quietly or place them on a mat. Pause with deep breaths and soft talking: “Let’s rest now... we’re quiet.” Allow time for calm observation. This builds early awareness of rest and transitions.				
Resources/Materials <ul style="list-style-type: none"><li>Soft mat or lap time</li></ul>		Key Vocabulary: quiet, slow, calm		Support:



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

Day 4	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		SW1.2 Demonstrate identification and expression of emotions  SW4.1 Demonstrate relationship skills	
Indicators				
	Younger Infants		Older Infants	
	May respond with cooing or smiling.		May press head or hand into the caregiver's hand.	
Activity: Gentle Rub				
During a diaper change or after a nap, gently rub the infant's back or arm and say calming words: "You are safe... gentle rub..." Make eye contact and respond to vocalizations. Builds emotional connection and touch comfort.				
Resources/Materials <ul style="list-style-type: none"><li>None</li></ul>		Key Vocabulary: gentle, rub, love		Support:



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

<b>Day 5</b>	<b>Topic(s)</b> Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus	<b>Foundation(s)</b> <b>SW1.1</b> Demonstrate self-awareness and confidence  <b>SW2.1</b> Demonstrate self-control
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May stretch or move arms and legs.	May imitate or anticipate stretching.
<b>Activity: Stretch Time</b>  Play soft instrumental music and gently move infant's arms up and down: "Stretch up... stretch out." For older infants, demonstrate stretching arms and invite them to mimic. Great for body awareness and morning or transition routines.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft music (optional)</li> </ul>	<b>Key Vocabulary:</b> stretch, up, arms	<b>Support:</b>