



Month: August Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May calm, smile, or look toward the sound.	May sway, clap, or hum with the music.

Activity: **Gentle Music**

Play soft, soothing music while sitting close and making warm eye contact. Name feelings as you listen together: “The music is calm; our bodies feel calm.” Pause and lower the volume to help infants notice changes. Invite older infants to tap or sway with you, matching slow and fast tempos. End with a quiet breath and a smile to model regulation.

Resources/Materials <ul style="list-style-type: none"> • Music player or speaker • Small shaker (optional) 	Key Vocabulary: music, calm, quiet	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW2.1 Demonstrate self-control	
Indicators	Younger Infants		Older Infants	
	May track bubbles with eyes and reach gently.		May wait, then pop bubbles on cue.	
Activity: Bubble Watching Blow a few bubbles, pausing to let infants watch them float and land. Cue “wait... now pop!” to practice short moments of control. Repeat several rounds, gradually increasing the wait time. Praise gentle reaching and calm bodies, reinforcing self-control with simple words.				
Resources/Materials <ul style="list-style-type: none">Non-toxic bubble solutionBubble wand		Key Vocabulary: wait, pop, float		Support:



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Day 3	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Infants	Older Infants
	May relax when held and spoken to softly.	May reach for a familiar comfort item and settle.
Activity: Comfort Time Create a quiet corner with dimmed lights and soft voices. Offer a familiar plush or puppet while you label feelings: “You looked tired; we’re resting.” Rock or pat gently, then pause to notice calm breathing together. Encourage older infants to hold their comfort toy and take a slow breath with you.		
Resources/Materials <ul style="list-style-type: none"> Soft plush or puppet 	Key Vocabulary: safe, calm, hug	Support:



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Day 4	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May look at and react to the faces shown.	May point to or imitate a feeling expression.
Activity: Feeling Faces Show simple picture cards of happy, sad, and surprised faces. Name each feeling and model the matching expression. Invite infants to copy your face or point to a card when you say the feeling. Connect to the day: “You smiled at the song, that’s happy!”		
Resources/Materials <ul style="list-style-type: none"> Feeling face cards (happy, sad, surprised) 	Key Vocabulary: happy, sad, face	Support:



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Day 5	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		SW4.1 Demonstrate relationship skills	
Indicators	Younger Infants		Older Infants	
	May make eye contact or smile at peers.		May wave, clap with a friend, or pass a toy.	
Activity: Friendship Circle				
Sit in a small circle and sing a short friendship song using each child’s name. Model gentle waves and hand-to-hand claps, supporting hands as needed. Pass one soft toy around the circle to practice turn-taking. Celebrate each connection with “You gave it to your friend!”				
Resources/Materials <ul style="list-style-type: none">Soft toy		Key Vocabulary: friend, turn, share		Support: