



Month: July Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May lift head or turn toward sound.	May coo, sway, or engage with music sounds.

Activity: **Tummy Tunes**

Place infants on a soft mat for tummy time while playing calm, instrumental island-themed music. Position a soft mirror or toy nearby for interest. Gently narrate: “We’re listening to music while we stretch.” This supports physical and emotional comfort while reinforcing self-awareness during independent exploration.

Resources/Materials <ul style="list-style-type: none"> • Soft mat or blanket • Instrumental tropical or lullaby music 	Key Vocabulary: music, tummy, listen	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills	
Indicators	Younger Infants		Older Infants	
	May relax during gentle movements.		May engage in stretch motions or hold eye contact.	

Activity: **Stretch & Soothe**

During quiet time, guide the infant through gentle leg and arm stretches while speaking or singing softly. Use comforting phrases like, “Stretch up high!” or “Bend down low.” Maintain eye contact and provide a steady rhythm. This builds body awareness and promotes calm interactions with caregivers.

Resources/Materials • None	Key Vocabulary: stretch, slow, calm	Support:
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Day 3	Topic(s) Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	Foundation(s) SW4.1 Demonstrate relationship skills SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May smile or reach toward puppet.	May hug, pat, or interact with puppet expressively.
Activity: Puppet Snuggles Use a soft animal or emotion-face puppet to engage during lap or circle time. Say, “This is Happy Bear! Can you give bear a hug?” Use the puppet to show different emotions with matching tone of voice. This activity nurtures emotional recognition and relationship building through playful comfort.		
Resources/Materials <ul style="list-style-type: none"> Soft puppet (animal or emotion face) 	Key Vocabulary: happy, hug, friend	Support:



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Day 4	<table> <tr> <th data-bbox="388 369 906 405">Topic(s)</th><th data-bbox="906 369 1422 405">Foundation(s)</th></tr> <tr> <td data-bbox="388 405 906 600"> Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle </td><td data-bbox="906 405 1422 600"> SW1.2 Demonstrate identification and expression of emotions </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	SW1.2 Demonstrate identification and expression of emotions
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<p>Activity: Emotion Face Board</p> <p>Display a board or book showing simple baby-friendly faces: happy, sad, surprised. Point to each and describe: “This baby is happy! Look at that big smile.” Allow infants to react naturally. Older infants may begin mimicking facial expressions, building emotional awareness.</p>					
Resources/Materials <ul style="list-style-type: none"> Laminated emotion face board or baby face book 	<table> <tr> <td data-bbox="545 1146 881 1373"> Key Vocabulary: happy, sad, face </td><td data-bbox="881 1146 1422 1373"> Support: </td></tr> </table>	Key Vocabulary: happy, sad, face	Support:		
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Day 5	Topic(s) Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	Foundation(s) SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Infants	Older Infants
	May calm or remain still in comfort space.	May cuddle with a soft item or observe surroundings.
Activity: Cozy Rug Rest Create a calming area with soft rugs, pillows, and soothing music. Encourage infants to rest, lay, or sit comfortably with a stuffed animal or lovey. Use quiet voices and gentle strokes to support relaxation. This allows for emotional regulation and rest, especially after an active morning.		
Resources/Materials <ul style="list-style-type: none"> Soft music (optional) 	Key Vocabulary: soft, cozy, rest	Support: