



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

<b>Day 1</b>	<b>Topic(s)</b> Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	<b>Foundation(s)</b> SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	Calms to close adult contact and steady humming.	Coos or rests head while matching the slow sway.
<b>Activity: Soothe &amp; Sway Humming</b> Hold each baby securely and hum a simple tune while gently swaying side to side. Keep your breathing slow and exaggerated so infants can feel and hear the calm rhythm. Invite older infants to place a hand on your shoulder as a grounding touch, then pause to notice quiet bodies. End with a soft “all done” and a smile before placing baby back on the mat.		
<b>Resources/Materials</b> • None required	<b>Key Vocabulary:</b> calm, sway, all done	<b>Support:</b>



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<b>Day 2</b>	<b>Topic(s)</b> Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	<b>Foundation(s)</b> SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	Lifts head briefly and tolerates a short stretch with support.	Pushes up on forearms, reaches forward, or pivots during tummy time.
<b>Activity: Tummy Time Stretch Breaks</b> Arrange babies on their tummies with rolled towels under the chest as needed. Sing or talk softly while you guide small stretches, reach to a soft toy, turn your head side to side, rest, repeat. Offer frequent breaks so the experience stays positive and predictable. Celebrate tiny efforts with smiles and gentle claps.		
Resources/Materials • Toys	Key Vocabulary: stretch, reach, rest	Support:



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<b>Day 3</b>	<table> <tr> <th data-bbox="380 373 899 405">Topic(s)</th><th data-bbox="899 373 1417 405">Foundation(s)</th></tr> <tr> <td data-bbox="380 405 899 594"> Theme: Healthy Teeth  Number: 7  Letter: Aa  Color: Gray  Shape: Circle </td><td data-bbox="899 405 1417 594"> SW2.1 Demonstrate self-control  SW1.2 Demonstrate identification and expression of emotions </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	SW2.1 Demonstrate self-control SW1.2 Demonstrate identification and expression of emotions
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<b>Indicators</b>	<table> <tr> <th data-bbox="380 699 899 762">Younger Infants</th><th data-bbox="899 699 1417 762">Older Infants</th></tr> <tr> <td data-bbox="380 762 899 856">Tracks bubbles quietly and relaxes body tone.</td><td data-bbox="899 762 1417 856">Reaches and then pauses on cue (“stop... look”) before popping.</td></tr> </table>	Younger Infants	Older Infants	Tracks bubbles quietly and relaxes body tone.	Reaches and then pauses on cue (“stop... look”) before popping.
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Tracks bubbles quietly and relaxes body tone.	Reaches and then pauses on cue (“stop... look”) before popping.				
<p><b>Activity: Calm Bubbles Watch</b></p> <p>Blow a few bubbles at a comfortable distance and use a soft voice to cue “look... float.” Invite a single gentle pop, then model a pause with “stop... hands quiet,” reinforcing regulation with visuals. Repeat several short rounds so babies practice moving between action and stillness. Name feelings you observe: “happy,” “excited,” “calm” to build early emotional language.</p>					
Resources/Materials <ul style="list-style-type: none"> <li>Baby-safe bubble solution and wand</li> </ul>	<table> <tr> <td data-bbox="545 1188 878 1289">Key Vocabulary: look, stop, calm</td><td data-bbox="878 1188 1417 1289">Support:</td></tr> </table>	Key Vocabulary: look, stop, calm	Support:		
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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	SW2.1 Demonstrate self-control SW1.1 Demonstrate self-awareness and confidence
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	Quiets to dim light and steady song.	Chooses to crawl or scoot to the cozy area and settles.

### Activity: **Calm Corner- Soft Lights & Lullaby**

Create a cozy nook with a small lamp or string lights and a comfy mat. Invite infants one at a time to sit or lie with you while you sing a short lullaby. Encourage slow inhales and relaxed shoulders by modeling your own calm breathing. Use this space before naps or after active play so babies connect the corner with feeling safe and regulated.

Resources/Materials <ul style="list-style-type: none"> <li>• Soft lighting</li> <li>• Small cushion/mat</li> <li>• Song or music player (optional)</li> </ul>	Key Vocabulary: quiet, cozy, rest	Support:
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## Month: September Week: 1 Subject: Student Wellbeing

<b>Day 5</b>	<b>Topic(s)</b> Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	<b>Foundation(s)</b> SW2.1 Demonstrate self-control SW4.1 Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	Turns toward a soft shake and pauses when you stop.	Takes a turn shaking, then hands or rolls the rattle back to you.
<p>Activity: <b>Rattle Listen-Pause-Listen</b></p> <p>Sit knee-to-knee and introduce a soft rattle. Shake slowly near the floor, then freeze and whisper, “Listen.” Offer the rattle for baby’s turn, guiding hands as needed, and cue a gentle hand-back to you or a peer. Repeat in brief rounds so infants practice turn-taking and the rhythm of start–stop with a trusted adult.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Rattles</li> </ul>	<b>Key Vocabulary:</b> listen, turn, gentle	<b>Support:</b>