



## Month: September Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Infants	Older Infants
	May look at themselves in the mirror with interest.	May smile, touch, or babble at their reflection.

### Activity: Mirror Play - Happy Face

Sit with an infant in front of a shatterproof mirror. Smile and point to your face, saying “happy face.” Encourage the infant to look at their own face and notice expressions. Older infants may try to touch their reflection or mimic your smile.

Resources/Materials • Mirror	Key Vocabulary: happy, face, smile, look	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		SW2.1 Demonstrate self-control	
Indicators				
	Younger Infants		Older Infants	
	May calm or giggle while being bounced.		May move body rhythmically with the song.	
Activity: Gentle Lap Bounce Song Sit infants on your lap and sing a short bouncing song like “Bounce, bounce, baby on my knee.” Gently bounce them to the rhythm while making eye contact. This provides comfort and teaches rhythm and self-regulation. Older infants may laugh or bounce along with you.				
Resources/Materials <ul style="list-style-type: none"><li>None</li></ul>		Key Vocabulary: bounce, baby, knee, song		Support:



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<b>Day 3</b>	<b>Topic(s)</b> Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb	<b>Foundation(s)</b> <b>SW4.1</b> Demonstrate relationship skills
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May watch the puppet closely.	May giggle, reach, or pull the puppet.
<p><b>Activity: Puppet Peekaboo</b></p> <p>Use a soft puppet to play peekaboo with infants. Hide the puppet behind your back or a scarf and then make it “pop out.” Say “hello!” in a cheerful voice as it appears. Encourage infants to reach for or touch the puppet, helping them build trust and connection.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Soft puppet</li> <li>• Scarf (optional)</li> </ul>	<b>Key Vocabulary:</b> peekaboo, hello, puppet	<b>Support:</b>



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Day 4	<b>Topic(s)</b>		<b>Foundation(s)</b>		
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		SW3.1 Demonstrate conflict resolution		
Indicators					
	<b>Younger Infants</b>		<b>Older Infants</b>		
	May relax hands while guided in clapping.		May clap independently when the music plays.		
Activity: Hand-over-Hand Clapping to Music					
Play a simple children’s song and guide infants in clapping to the beat by gently helping them bring their hands together. Smile and model clapping yourself so they see and hear the rhythm. Over time, older infants may clap along without assistance. This supports early cooperation and body awareness.					
Resources/Materials <ul style="list-style-type: none"><li>Music player</li></ul>		Key Vocabulary: clap, music, hands		Support:	



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<b>Day 5</b>	<b>Topic(s)</b> Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb	<b>Foundation(s)</b> <b>SW1.2</b> Demonstrate identification and expression of emotions
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May relax or coo while being held.	May hum or babble along with the music.
<p>Activity: Fruit Lullaby Cuddle</p> <p>Hold infants in a calm environment and sing or play a soft fruit-themed lullaby (such as “Apples and Bananas” sung slowly). Gently rock them as they listen to the soothing words. Encourage older infants to hum or babble as they relax. This supports emotional bonding and helps children wind down at the end of the week.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Music player</li> </ul>	<b>Key Vocabulary:</b> song, sleep, soft	<b>Support:</b>