



Month: October Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills	
Indicators	Younger Infants		Older Infants	
	May relax, smile, or make eye contact during gentle touch.		May anticipate massage movements or vocalize during interaction.	
Activity: Gentle Massage & Music Play calming instrumental music while gently massaging infants’ arms, legs, and feet using slow, rhythmic motions. Describe what you’re doing (“I’m rubbing your hands,” “You’re calm and happy”). Maintain eye contact to strengthen trust and emotional connection. This helps infants feel safe, nurtured, and valued through consistent caregiver touch.				
Resources/Materials <ul style="list-style-type: none">Soft music		Key Vocabulary: calm, soft, gentle		Support:



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Day 2	Topic(s) Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May smile, coo, or move when the caregiver reappears.	May attempt to lift a cloth or cover to find the caregiver.
Activity: Peek-a-Boo Play peek-a-boo using your hands or a soft cloth. Hide your face and say, “Where am I?” then reveal it with a cheerful “Peek-a-boo!” Encourage laughter, eye contact, and interaction. This playful routine strengthens attachment, teaches object permanence, and encourages infants to anticipate emotional expressions.		
Resources/Materials <ul style="list-style-type: none"> Soft cloth or blanket 	Key Vocabulary: Hello, goodbye, peek	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	SW1.2 Demonstrate identification and expression of emotions SW3.1 Demonstrate conflict resolution
Indicators	Younger Infants	Older Infants
	May explore and react to new textures with curiosity.	May show preferences for certain textures or objects.

Activity: **Feeling Textures**

Offer a selection of sensory materials like soft fabric, bumpy ball, smooth leaf, rough pinecone. Let infants explore each one and describe what they're touching ("This one is soft," "This one is bumpy"). Talk gently about how things feel, supporting self-awareness and comfort with new experiences through caregiver reassurance.

Resources/Materials <ul style="list-style-type: none"> Fabric squares of varying textures Natural items like leaves or pinecones 	Key Vocabulary: soft, rough, smooth	Support:
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	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators				
	Younger Infants		Older Infants	
	May look at or listen to a familiar voice during reading.		May touch or turn pages and show engagement with the story.	
Activity: Cuddles & Reading Together				
Hold infants close while reading a short board book or soft cloth book. Use gentle tones and describe the pictures as you go. Encourage them to look, touch, and vocalize. The physical closeness during reading fosters trust, comfort, and positive associations with shared learning moments.				
Resources/Materials <ul style="list-style-type: none">Board or cloth books		Key Vocabulary: book, love, read		Support:



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Day 5	Topic(s) Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May smile, clap, or vocalize when praised.	May repeat gestures (clapping/waving) in response to encouragement.
Activity: Praise & Smiles Celebration Celebrate the week with positive interaction and music. Sit together and sing short songs like “If You’re Happy and You Know It.” Encourage clapping, waving, or smiling, and praise every attempt with joyful tone (“You did it!” “Good job!”). This builds emotional confidence, strengthens social bonds, and nurtures joy in group experiences.		
Resources/Materials <ul style="list-style-type: none"> • Music player 	Key Vocabulary: happy, clap, good	Support: