



Month: October Week: 5 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May look toward a chosen feeling card and may copy a simple facial expression.	May point to a feeling card and may vocalize or use a sign for the feeling.

Activity: **Emotion Faces Cards**

Sit where infants can clearly see your face and two or three feeling cards. Model one face at a time and label it with a short word while pausing so children may respond. Invite gentle hand-under-hand support to help infants touch or hold the matching card. Echo any sounds or gestures and expand to a two-word model such as “happy face.” End by letting each child pick a favorite card so you can label the feeling again.

Resources/Materials <ul style="list-style-type: none"> • 2-3 durable feeling cards • Small mirror for face imitation 	Key Vocabulary: happy, sad, calm	Support:
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Day 2	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills SW2.1 Demonstrate self control
Indicators	Younger Infants	Older Infants
	May practice a gentle pat on a soft toy and may pause when cued.	May hand a toy to an adult or peer and may wait briefly for a turn.
<p>Activity: Gentle Touch Play</p> <p>Offer two identical soft toys and model gentle hands with a slow pat and short words. Practice “my turn” and “your turn” while guiding hands, then invite infants to pass the toy back to you. Reinforce self control by praising pauses and quiet hands. Repeat the pass three or four times so infants experience a predictable routine. Finish by placing toys into a basket together to signal all done.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> 2-3 identical soft toys 	gentle, turn, pass	



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Day 3	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self control SW1.1 Demonstrate self awareness and confidence
Indicators	Younger Infants	Older Infants
	May hold a comfort item and may calm with soft rocking or breath cue.	May bring a comfort object when offered and may settle during a short quiet song.
Activity: Comfort Object Play Provide small blankets or familiar soft items and invite infants to choose one. Model a slow breath and gentle rocking while labeling “quiet body.” Support self control by pausing between motions so infants may match your pace. Encourage awareness by naming what helps each child feel calm. Close by placing comfort items in a special bin and giving a simple high five.		
Resources/Materials <ul style="list-style-type: none"> • Small soft blankets or loveys • Calm Music 	Key Vocabulary: calm, quiet, hold	Support:



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Day 4	Topic(s)	Foundation(s)
	Review Week	SW2.1 Demonstrate self control SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May watch bubbles float and may pause body when bubbles land.	May reach and pop once on a cue and may smile or vocalize to share enjoyment.
<p>Activity: Calm Bubble Play</p> <p>Blow a few bubbles at eye level and wait so infants may track the float. Use a simple cue such as “one pop” to encourage controlled reach. Invite hand-under-hand for a single gentle tap, then practice stop by holding hands close to the body. Label feelings you notice such as “happy” or “excited” to connect actions and emotions. End with three slow pops and a soft “all done.”</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Bubble Solution 	pop, stop, happy	



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Day 5	Topic(s)	Foundation(s)
	Review Week	SW4.1 Demonstrate relationship skills SW2.1 Demonstrate self control
Indicators	Younger Infants	Older Infants
	May relax body during the song and may lean in toward caregiver voice.	May sway or pat gently on a cue and may wait quietly between verses.
<p>Activity: Lullaby Circle</p> <p>Gather in a small circle with soft lighting and begin a simple lullaby at a steady tempo. Encourage slow sways or gentle pats while modeling quiet hands and calm breathing. Pause between verses so infants may practice stillness and attention. Invite brief turn-taking by moving a soft heart or star to the next child before the next verse. Conclude with a quiet hum and a whispered “all done.”</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Short lullaby or instrumental track 	sing, quiet, together	