



Month: December Week: 1 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW1.1 Demonstrate self awareness and confidence SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May relax into the caregiver's arms, quiet, or gaze at the adult's face while being held.	May smile, snuggle closer, or vocalize in response to the lullaby and gentle talking.

Activity: Cozy Cuddle & Lullaby Time

Hold each infant in a comfortable position, supporting their body and head as needed. Sing a soft lullaby or hum a gentle tune while rocking slowly or patting their back. Make warm eye contact when possible and talk briefly about how safe and loved they are: "You are cozy. I'm here with you." Notice and label their emotional cues—"You look calm now," "You're smiling." This routine helps infants associate close contact, soothing sounds, and caregiver voices with comfort and security.

Resources/Materials <ul style="list-style-type: none"> Comfortable rocking chair or soft chair (optional) 	Key Vocabulary: cozy, calm, love	Support:
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Day 2	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May look closely at each face and react with changes in expression or body movement.	May smile back at the “happy” face, look concerned at the “sad” face, or vocalize as you label feelings.

Activity: Gingerbread Feelings Faces (Happy/Sad)

Prepare two large, simple gingerbread faces—one with a big smile and one with a gentle frown. During floor time, show the happy face first and say, “Happy,” pairing it with your own bright smile. Then show the sad face and soften your voice and expression, saying, “Sad.” Move the pictures slowly so infants can examine them, and notice any changes in their own faces or bodies. For older infants, alternate showing each face and ask, “Happy or sad?” while giving them time to respond with looks, sounds, or gestures.

Resources/Materials <ul style="list-style-type: none"> Two large laminated gingerbread face cards (one happy, one sad) 	Key Vocabulary: happy, sad, feelings	Support:
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Day 3	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May relax, quiet, or steady breathing when held and guided through the routine.	May watch your face closely and begin to imitate slow in-and-out breaths with soft sounds.
<p>Activity: Calm Breathing</p> <p>Hold an infant upright against your chest or sit facing them on the floor. Pretend to hold an imaginary warm cookie near your nose and say, “Smell the cookie,” taking a slow, gentle breath in through your nose. Then softly blow out as if cooling it, saying, “Blow... cool the cookie.” Repeat this pattern a few times while the baby watches your face and feels the calm rhythm of your breathing and voice. For older infants, bring their hands toward their mouth as you model breathing, helping them connect the routine with calming down.</p>		
Resources/Materials <ul style="list-style-type: none"> Soft floor mat or comfortable chair for holding infant 	Key Vocabulary: smell, blow, calm	Support:



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Day 4	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) SW1.1 Demonstrate self awareness and confidence SW2.1 Demonstrate self control SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May relax against the blanket and caregiver, showing comfort through softer body tone.	May gently pat the blanket or caregiver's arm, smiling or vocalizing during the interaction.
<p>Activity: Soft Blanket Snuggles & Gentle Patting</p> <p>Spread a soft blanket on a low lap or mat and invite infants to lie or sit against it while you sit close. Gently stroke the blanket and say, "Soft," then lightly pat the blanket or their back in a slow, steady rhythm. Encourage older infants to copy your gentle patting, guiding their hands if needed and praising soft touches: "Nice gentle pats." Use calm, reassuring language throughout, helping children experience comfort and regulation through touch and routine.</p>		
Resources/Materials <ul style="list-style-type: none"> Large soft blanket 	Key Vocabulary: soft, gentle, calm	Support:



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Day 5	<table> <tr> <th data-bbox="378 369 899 405">Topic(s)</th><th data-bbox="899 369 1422 405">Foundation(s)</th></tr> <tr> <td data-bbox="378 405 899 636"> Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus </td><td data-bbox="899 405 1422 636"> SW1.1 Demonstrate self awareness and confidence SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	SW1.1 Demonstrate self awareness and confidence SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
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Indicators	<table> <tr> <th data-bbox="378 735 899 793">Younger Infants</th><th data-bbox="899 735 1422 793">Older Infants</th></tr> <tr> <td data-bbox="378 793 899 924">May lean into a hug or relax into the caregiver's arms after receiving care.</td><td data-bbox="899 793 1422 924">May smile, pat the caregiver's shoulder, or vocalize when you say "thank you" together.</td></tr> </table>	Younger Infants	Older Infants	May lean into a hug or relax into the caregiver's arms after receiving care.	May smile, pat the caregiver's shoulder, or vocalize when you say "thank you" together.
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May lean into a hug or relax into the caregiver's arms after receiving care.	May smile, pat the caregiver's shoulder, or vocalize when you say "thank you" together.				
<p>Activity: Thank-You Hugs/Taps After Care Routine</p> <p>After a routine care moment-such as diapering, feeding, or helping a child wash up-pause for a brief "thank-you" ritual. Hold the infant close and say, "All done. Thank you," offering a gentle hug or light tap on your shoulder for them to copy. For older infants, guide their hand to pat your arm or the table while you repeat, "Thank you, thank you," in a sing-song voice. This predictable routine helps infants connect positive attention, gratitude words, and warm touch with everyday care experiences.</p>					
Resources/Materials <ul style="list-style-type: none"> None required 	Key Vocabulary: thank you, done, hug				