



Month: December Week: 2 Subject: Student Wellbeing

Day 1	Topic(s)		Foundation(s)	
	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square		SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills	
Indicators				
	Younger Infants		Older Infants	
	May relax or smile when the caregiver models soft touches and uses the words “gentle hands.”		May copy gentle touches on a stuffed animal or caregiver’s arm when reminded, and pause when hearing “gentle.”	
Activity: “Gentle Hands Routine” Hold or sit near each baby with a soft stuffed animal between you. Stroke the animal slowly and say, “Gentle hands,” then guide the infant’s hand to do the same. For older babies, briefly let them touch the caregiver’s arm or another safe surface using gentle fingers, praising their soft touch. Repeat this routine daily so the words “gentle hands” become familiar and calming.				
Resources/Materials <ul style="list-style-type: none">Soft stuffed animal (reindeer or other)		Key Vocabulary: gentle, soft, touch		Support:



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Activity: “Cozy Cuddle & Song”

During a naturally quiet time, hold each infant in your arms or on your lap with a small blanket around them. Sing a simple, repetitive lullaby or hum softly, rocking gently back and forth. Name what is happening—“Cozy, warm, we are resting”—and allow babies time to relax into your rhythm. Use the same song regularly so infants start to associate it with comfort and calm.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Soft baby blankets 	cozy, calm, rest	



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Day 3	<table> <tr> <th data-bbox="375 369 899 405">Topic(s)</th><th data-bbox="899 369 1414 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 632"> Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square </td><td data-bbox="899 405 1414 632"> SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square	SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
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Activity: “Feeling Faces for Babies”

Show infants two or three large, simple photos or drawings of faces showing happy, sad, and calm emotions. Hold one face at a time near your own and label it: “Happy face,” “Sad face,” while briefly matching the expression. Watch how the baby responds and mirror their expression back, saying, “You look happy,” or “You look curious.” Keep the interaction playful and short, returning to the happy or calm face to end the activity.

Resources/Materials <ul style="list-style-type: none"> Large laminated feeling face cards (happy, sad, calm) 	Key Vocabulary: happy, sad, face	Support:
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Day 4	<table> <tr> <th data-bbox="388 369 906 407">Topic(s)</th><th data-bbox="906 369 1414 407">Foundation(s)</th></tr> <tr> <td data-bbox="388 407 906 632"> Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square </td><td data-bbox="906 407 1414 632"> SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
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<p>Activity: "Calm Breathing with Caregiver"</p> <p>Hold the baby close against your chest, either seated or standing, and gently place a hand on their back. Take slow, deep breaths, exaggerating the rise and fall so they can feel your body move. Add a soft hum or simple word like "in...out" to mark each breath. Do this for a short time when babies are mildly fussy or after active play, helping them experience how bodies can slow down and feel calm.</p>					
Resources/Materials <ul style="list-style-type: none"> None required 	<table> <tr> <td data-bbox="545 1289 878 1402"> Key Vocabulary: calm, breathe, slow </td><td data-bbox="878 1289 1414 1402"> Support: </td></tr> </table>	Key Vocabulary: calm, breathe, slow	Support:		
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<p>Activity: “Consistent Goodbye Ritual”</p> <p>Create a short, predictable goodbye routine for transitions when caregivers step away or at pick-up time. For example, hold the infant's hand, wave it gently, and say the same phrase each time: “Bye-bye, see you later,” followed by a soft touch or hug. Encourage families to join the ritual at drop-off and pick-up so infants hear the same words and see the same gestures. Over time this consistent pattern helps babies feel secure and builds trust in the people around them.</p>					
Resources/Materials <ul style="list-style-type: none"> None required 	<table> <tr> <td data-bbox="544 1329 880 1413"> Key Vocabulary: bye-bye, later, hug </td><td data-bbox="880 1329 1422 1413"> Support: </td></tr> </table>	Key Vocabulary: bye-bye, later, hug	Support:		
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