



Month: November Week: 3 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May relax when soft music begins.	May sway, smile, or coo while listening.

Activity: “Gentle Music & Snuggle Time”

Play quiet instrumental music while holding or rocking infants. Encourage relaxed breathing and soft humming along. Describe what babies might feel—“This music feels calm,” “We are resting.” Reinforce safety and comfort through eye contact and gentle tone.

Resources/Materials	Key Vocabulary: calm, music, rest	Support:
• Soft instrumental or lullaby playlist		

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Day 2	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: L1 Color: Gold Shape: Cone	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May rest, suck thumb, or cuddle an item during quiet time.	May walk or crawl independently to the cozy corner when tired or overstimulated.

Activity: “Cozy Corner Comfort”

Set up a soft space with pillows, low light, and quiet music. When an infant shows signs of needing calm, guide them to the corner and label the feeling: “You’re tired. Let’s rest.” Stay close to model calm breathing and tone, promoting early self-regulation skills.

Resources/Materials	Key Vocabulary: cozy, calm, rest	Support:
<ul style="list-style-type: none">• Soft mat or small pillow set• Cozy blanket or lovey• Dim lighting or small lamp		

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Day 3	Topic(s) Theme: Wiggly Worms & Garden Friends Number: 16 Letter: L1 Color: Gold Shape: Cone	Foundation(s) SW2.1 Demonstrate self control SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants May watch or feel a soft blanket move above them.	Older Infants May reach to grab or kick the blanket during gentle stretching.

Activity: “Soft Blanket Stretch”

Lay infants on their backs and slowly wave a soft blanket up and down while softly saying “up... down.” Older infants can help hold a corner and pull gently. This calm, rhythmic movement builds awareness of body and breath, helping children transition between play and rest.

Resources/Materials • Lightweight blanket or scarf	Key Vocabulary: up, down, soft	Support:
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Day 4	Topic(s) Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	Foundation(s) SW4.1 Demonstrate relationship skills
Indicators	Younger Infants May smile, lean in, or relax during a caregiver hug.	Older Infants May hug back or pat a peer or stuffed toy gently.
Activity: "Kindness Hugs" Model giving a gentle hug to a stuffed garden friend (like a bee or worm). Encourage infants to hug or pat it, saying "Kind hands." Offer a warm, short caregiver hug to model affection and safety. Reinforce kindness with praise and smiling faces.		
Resources/Materials ● Soft stuffed garden-themed toys (bee, worm, ladybug)	Key Vocabulary: hug, kind, love	Support:

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Day 5	Topic(s) Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	Foundation(s) SW1.2 Demonstrate identification and expression of emotions SW4.1 Demonstrate relationship skills
Indicators	Younger Infants May relax or close eyes as music plays.	Older Infants May sway, babble, or hum softly during the lullaby.
Activity: "Soothing Lullaby Routine" End the week with familiar lullabies during quiet transition time. Dim the lights and sing slowly while gently rocking or patting infants. Repeat key words softly—"sleep," "love," "calm"—to help children feel secure and peaceful.		
Resources/Materials • Lullaby playlist	Key Vocabulary: lullaby, sleep, calm	Support: