



Month: December Week: 4 Subject: Student Wellbeing

Day 1	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Infants	Older Infants
	May relax into the caregiver, calm body movements, or snuggle into the blanket while music plays.	May hold or pull the blanket close, look toward the music source, and show clear preferences (smiling, quieting, or swaying).
Activity: Cozy Blanket Snuggles with Soft Music Hold infants or position them on a soft mat with a small blanket. Turn on gentle, calming music at low volume. Invite each infant to snuggle into the blanket, gently patting or rocking as you hum along. Use warm, simple phrases like “Cozy,” “Soft,” and “You are safe.” Watch for signs that infants are relaxing, adjusting your touch and voice to help them feel secure and comforted.		
Resources/Materials <ul style="list-style-type: none"> • Small soft blankets • Soft mat or rocking chair • Music player with gentle, calming music 	Key Vocabulary: cozy, soft, safe	Support:



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Day 2	Topic(s) Review Week	Foundation(s) SW1.1 Demonstrate self-awareness and confidence SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May look closely at the emotion faces and respond with their own expressions, sounds, or movements.	May smile at the “happy” face, turn or look away for “shy,” and begin to imitate simple expressions.
<p>Activity: Emotion Faces - Happy / Shy</p> <p>Show infants simple, clear pictures of a happy face and a shy or gentle/quiet face. Hold one card at a time and name the feeling, pairing it with your own facial expression. Pause so infants can look, then respond to any smiles, coos, or shy looks. For older infants, hold both faces up and say “happy” or “shy,” giving them time to look back and forth and choose which one to focus on.</p>		
Resources/Materials <ul style="list-style-type: none"> Simple picture cards showing happy and shy/gentle faces 	Key Vocabulary: happy, shy, face	Support:



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Day 3	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May relax against the caregiver's body, matching slower breathing and calming with gentle support.	May begin to follow the rhythm of slow breaths, watching the caregiver's chest rise and fall and settling with repetition.

Activity: **Calm Breathing**

Hold an infant against your chest or place them on a mat where they can see your face. Take slow, exaggerated breaths and say soft words like "In... out..." in a calm tone. Gently place a hand on their back or tummy to provide steady, reassuring contact. Keep the experience short, just a few breaths focusing, on helping infants feel calm and secure in your presence.

Resources/Materials <ul style="list-style-type: none"> Comfortable lap or mat space 	Key Vocabulary: calm, in, out	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	SW1.2 Demonstrate identification and expression of emotions SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May explore special items with hands, needing close guidance to keep movements soft.	May begin to soften their touch when reminded, showing early control and awareness of “gentle.”

Activity: Gentle Hands with Special Items

Offer infants one or two special, safe items (soft ornament, fabric star, plush toy). As they reach and touch, model “gentle hands” by slowing their movements with your own hands and saying “gentle” in a soft voice. Praise gentle touch-“So gentle!”-and calmly redirect if they grab or bang. This builds the idea that we can control how we touch important things and people.

Resources/Materials <ul style="list-style-type: none"> A few “special” but baby-safe items (soft ornament, plush, fabric star) 	Key Vocabulary: gentle, soft, hands	Support:
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Month: December Week: 4 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Review Week	SW1.1 Demonstrate self-awareness and confidence SW4.1 Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	May relax, gaze at the caregiver, or calm body movements while the lullaby is sung.	May lean in for a hug, pat the caregiver's shoulder, or vocalize in response, showing early connection and closeness.
<p>Activity: Lullaby Time & Thank-You Hugs/Taps</p> <p>Gather infants near the end of the day or a calm part of the routine. Hold or sit close to each child and sing a simple lullaby, using their names. After singing, offer a gentle “thank-you” hug or soft tap on the shoulder or hand, saying “Thank you for playing today.” Encourage older infants to gently pat or lean in, reinforcing connection, comfort, and positive relationships.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Simple lullaby (teacher choice) 	thank you, hug, love	