



Month: February Week: 2 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	Foundation(s) SW1.1: Demonstrate self-awareness and confidence. SW1.2: Demonstrate identification and expression of emotions.
Indicators	Younger Infants Observe their reflection in the mirror while caregivers describe their features.	Older Infants Touch the mirror, smile, or react to their reflection.
	Activities: Caregivers will place a baby-safe mirror in front of each infant and gently encourage them to look at themselves while saying, "Look at you! You are special!" Teachers will name body parts (e.g., "This is your nose! These are your eyes!") and guide infants to gently touch their reflection. Younger infants will observe their reflection and track movements, while older infants may smile, reach for the mirror, or babble in response. Caregivers will reinforce self-confidence by saying, "You are loved! You are amazing!"	
Resources/Materials	Key Vocabulary: Me, Face, Smile, Eyes, Hands, Happy	Support:



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Day 2	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	Foundation(s) SW2.1: Demonstrate self-control. SW4.1: Demonstrate relationship skills
Indicators	Younger Infants	Older Infants
	Listen and watch as caregivers guide movements.	Move arms, legs, or bodies with support during gentle stretches.
Activities: Caregivers will guide infants through gentle, baby-friendly yoga movements, such as stretching arms, wiggling toes, and slow leg lifts. Soft music will play in the background to create a calm and soothing environment. Younger infants will watch and listen while feeling gentle movement, while older infants may participate by reaching, stretching, or giggling in response to guided motions. Teachers will say, "Let's stretch our arms up high! Now let's take a deep breath!"		
Resources/Materials Gentle instrumental music	Key Vocabulary: Stretch, Move, Slow, Breathe, Calm	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SW1.2: Demonstrate identification and expression of emotions. SW3.1: Demonstrate conflict resolution
Indicators	Younger Infants	Older Infants
	Observe images and listen to food names.	Reach for or react to favorite food pictures.
Activities: The teacher will show large, colorful images of fruits and vegetables (e.g., red apples, orange carrots, yellow bananas, green broccoli, blueberries, and purple grapes). As each picture is shown, caregivers will name the food and describe its color, saying, "This is a yellow banana! Bananas are soft and yummy!" Younger infants will watch and listen, while older infants may reach for or point to their favorite food pictures. This activity builds early recognition of healthy foods while reinforcing positive emotional expressions.		
Resources/Materials	Key Vocabulary:	Support:
Large, laminated images of colorful foods	Apple, Banana, Green, Yellow, Red, Eat	

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Day 4	Topic(s)	Foundation(s)
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Infants Curriculum

	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SW2.1: Demonstrate self-control. SW4.1: Demonstrate relationship skills.
Indicators	Younger Infants	Older Infants
	Track and follow the movement of colorful scarves.	Reach for, grab, or move the scarves in response to the teacher's guidance.
Activities: Caregivers will introduce brightly colored scarves and gently wave them in front of the infants. The teacher will encourage infants to reach for or grasp the scarves while saying, "Look at the red scarf! Now we see a blue scarf!" Younger infants will watch and track the movement of the scarves, while older infants may reach, grab, or wave them in the air. This activity promotes visual stimulation, coordination, and movement exploration.		
Resources/Materials	Key Vocabulary:	Support:
Soft, colorful scarves	Red, Blue, Green, Yellow, Move, Soft	

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Day 5	Topic(s)	Foundation(s)
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Infants Curriculum

	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SW1.2: Demonstrate identification and expression of emotions. SW4.1: Demonstrate relationship skills.
Indicators		
	Younger Infants Listen and respond to soothing caregiver affirmations.	Older Infants React with smiles, gestures, or sounds to positive words.
Activities: Caregivers will hold infants closely and softly whisper or speak loving affirmations, such as "You are loved," "You are special," and "You make me happy!" The teacher will use gentle touch, soft eye contact, and warm facial expressions to build emotional security. Younger infants will listen to the caregiver's voice and relax, while older infants may smile, coo, or nuzzle in response to loving words. This activity strengthens bonding and emotional development.		
Resources/Materials	Key Vocabulary: Love, Happy, Hug, Special, Safe	Support: