



Month: January Week: 4

Subject: Student Wellbeing

Day 1	Topic(s) Foundation(s)	
	Review Week	SW1.1: Demonstrate self-awareness and confidence.
Indicators		
	Infants (0-6 months)	Infants (6-12 months)
	Respond to calming music by looking toward the sound or showing focused attention.	Engage by vocalizing or moving in response to the music.



Activities

The teacher will play soothing arctic-themed instrumental music to promote a calm and engaging atmosphere.

- **Younger Infants:** The teacher will hold the infant while softly swaying to the music, saying, "Do you hear the music? It's so soft and calm."
- **Older Infants:** The teacher will encourage the infant to clap or tap along, saying, "Can you clap your hands to the music? That's great clapping!"

Resources and Materials

- Portable music player
- Arctic-themed or instrumental music playlist

Topic Related Language/ Key Vocabulary

Music, soft, calm, listen, clap

Supports

[SOUNDS OF THE ARCTIC - Relaxing Winter Music & Arctic Sounds - Background Music, Sleep Music ♦2](#)



Month: January Week: 4

Subject: Student Wellbeing

Day 2	Topic(s) Foundation(s)	
	Review Week	SW4.1: Demonstrate relationship skills.
Indicators		
	Infants (0-6 months)	Infants (6-12 months)
	Observe the teacher building a tower with blocks, showing interest in the activity.	Work alongside a peer to stack blocks with teacher guidance.



Activities	
The teacher will encourage infants to participate in stacking soft blocks, focusing on turn-taking and peer engagement. • Younger Infants: The teacher will stack blocks slowly, narrating, "One block, two blocks—look how tall it's getting!" • Older Infants: The teacher will model turn-taking, saying, "Your turn to add a block! Great job sharing with your friend."	
Resources and Materials	
• Soft, stackable blocks • Clean play mat	
Topic Related Language/ Key Vocabulary	Supports
Tower, block, build, share, turn	



Month: January Week: 4

Subject: Student Wellbeing

Day 3	Topic(s)		Foundation(s)	
	Review Week		SW1.2: Demonstrate identification and expression of emotions.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Observe sensory bags and show reactions, such as smiling or focusing intently.		Indicate a preference for specific sensory bags by reaching or pointing.	



Activities

The teacher will present sensory bags with varied textures and colors, encouraging infants to explore and express preferences.

- **Younger Infants:** The teacher will guide the infant's hand over the bag, narrating, "This bag feels squishy. Do you like how it feels?"
- **Older Infants:** The teacher will ask, "Which bag is your favorite? The shiny one or the one with beads? Great choice!"

Resources and Materials

- Sensory bags filled with safe items (e.g., glitter, beads, water)

Topic Related Language/ Key Vocabulary

Bag, soft, squishy, shiny, favorite

Supports





Month: January Week: 4

Subject: Student Wellbeing

Day 4	Topic(s) Foundation(s)	
	Review Week	SW1.2: Demonstrate identification and expression of emotions.
Indicators		
	Infants (0-6 months)	Infants (6-12 months)
	Respond to positive interactions by smiling or cooing.	Engage in shared moments by pointing or vocalizing about happy events.



Activities

The teacher will reflect on positive events with the infant using photos or props from past activities.

- **Younger Infants:** The teacher will hold up a photo and narrate, "Remember the bubbles? That was so fun!"
- **Older Infants:** The teacher will encourage participation, asking, "Did you like playing with the blocks yesterday? What was your favorite part?"

Resources and Materials

- Photos or props from past activities

Topic Related Language/ Key Vocabulary

Happy, fun, smile, remember, share

Supports





Month: January Week: 4

Subject: Student Wellbeing

Day 5	Topic(s)		Foundation(s)	
	Review Week	SW4.1: Demonstrate relationship skills.		
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Observe the teacher modeling a thank-you gesture.		Attempt to imitate a thank-you gesture, such as a wave or clap.	



Activities

The teacher will model thank-you gestures during interactions, encouraging infants to imitate.

- **Younger Infants:** The teacher will wave gently and say, "Thank you for playing with me today!"
- **Older Infants:** The teacher will guide the infant to wave or clap, saying, "Can you wave thank you? You did great!"

Resources and Materials

- Visual aids for gestures (e.g., picture cards)

Topic Related Language/ Key Vocabulary

Thank you, wave, clap, share, kind

Supports

