



Month: March Week: 3 Subject: Student Wellbeing

Day 1	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) SW1.1 Demonstrate self-awareness and confidence
Indicators	Younger Infants	Older Infants
	May enjoy gentle movements and stretching while lying down.	Can engage in guided body movements, such as reaching, kicking, or swaying.
Activity: The teacher will guide infants through gentle movements and stretches to promote body awareness. Younger infants will be encouraged to wiggle their fingers, stretch their arms, and kick their legs while lying on a soft mat. Older infants can participate in slow swaying, gentle arm stretches, or reaching for soft objects while the teacher provides verbal encouragement (<i>“Stretch your arms up high! Kick your feet! Let’s move gently!”</i>). Soft background music may be played to create a calming environment.		
Resources/Materials • Soft play mat • Gentle background music	Key Vocabulary: Move Stretch Gentle	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW1.2 Demonstrate identification and expression of emotions
Indicators	Younger Infants	Older Infants
	May smile, coo, or react to the gentle touch of a feather.	Can grasp, touch, or attempt to move a feather across different body parts.
Activity: The teacher will introduce soft feathers for infants to explore through gentle sensory touch. Younger infants will feel the teacher softly brush a feather against their hands or cheeks, helping them experience new sensations. Older infants may be encouraged to grasp the feather, wave it in the air, or place it against their own hands while the teacher describes its softness (<i>"This feather is so soft! Can you touch it?"</i>). The teacher will observe infants' responses and talk about how things feel different to support emotional awareness.		
Resources/Materials	Key Vocabulary:	Support:
Soft, lightweight feathers in various colors	Soft Touch Feel	

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Infant Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle		SW1.1 Demonstrate self-awareness and confidence	
Indicators				
	Younger Infants		Older Infants	
	May relax in a soft, comfortable area while observing their surroundings.		Can roll, sit, or move around in the soft nest space, exploring textures.	
Activity: The teacher will set up a soft, cozy nest area using pillows and fabric where infants can sit, roll, or cuddle . Younger infants will be placed gently on a soft surface and soothed with gentle rocking or verbal reassurance , while older infants will be encouraged to move around, feel different textures, and observe their surroundings . The teacher will talk about how birds rest in their nests (“ <i>Birds cuddle in their nests. This is your cozy nest!</i> ”) to reinforce feelings of comfort and security.				
Resources/Materials - Soft fabric, pillows, or foam mats - Calming music in the background (optional)		Key Vocabulary: Nest Cozy Rest		Support:

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

	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	SW2.1 Demonstrate self-control
Indicators	Younger Infants	Older Infants
	May watch as the teacher demonstrates gentle touch.	Can practice touching objects or friends gently with encouragement.
Activity: The teacher will demonstrate gentle hands by using soft objects like plush toys and fabric to show how to touch carefully and kindly . Younger infants may observe as the teacher gently touches their hands and guides their fingers across soft textures . Older infants will be encouraged to use their own hands to softly touch different materials or even interact gently with a teacher or peer (" <i>Let's use gentle hands to touch the soft teddy bear!</i> "). The teacher will narrate actions and reinforce positive behaviors with praise (" <i>Great job using gentle hands!</i> ").		
Resources/Materials	Key Vocabulary:	Support:
- Plush toys - Soft fabric and textured objects	Hands Soft Gentle	

Month: March Week: 3 Subject: Student Wellbeing

Day 5	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery	SW1.2 Demonstrate identification and



Infant Curriculum

	Number: 9 Letter: Hh Color: Purple Shape: Rectangle	expression of emotions
Indicators	Younger Infants	Older Infants
	May visually track bubbles as they float in the air.	Can reach for, bat at, or pop bubbles with their hands.
Activity: The teacher will blow gentle bubbles and encourage infants to watch, track, and reach for them. Younger infants will observe the floating movement, while older infants may attempt to grab or pop the bubbles as they float down. The teacher will describe the movement (<i>“Look, the bubbles go up! Now they’re floating down! Pop!”</i>), reinforcing cause and effect. Soft background music may accompany the activity to create a calm and engaging experience.		
Resources/Materials • Infant-safe bubbles	Key Vocabulary: Bubble Pop Up	Support: 