

Infant under 12 months are not walking have individual schedules based on eating, sleeping and diapering schedules

Hibernation and Migration

Holidays around the world

Arctic Animals

Winter Wonderland

Frozen Landscape

| Learning Domains | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Every Week |
|--|--|--|--|--|--|--|
| Physical Health and Motor Development <ul style="list-style-type: none"> Health and Well-being Gross Motor Skills Fine Motor Skills | Yoga Poses- Sleeping Bear” pose (child curls up and stretches) | Yoga Poses- Santa’s delivery relay | Yoga Poses- Crawl pillar bear | Yoga Poses- Snowy Mountain Pose | Yoga Poses- Ice slide stretch | Music/Instruments- rattles & shakers, drums |
| | Free play- Soft animal toys for pretend “sleeping” | Free play- Spinning a dreidel | Free play- Place small plush animals in the snow | Free play- Counting snowflakes | Free play- Ice block stacking using blue/white soft blocks | Self Help skills- hand washing, eating |
| Language & Communication Development <ul style="list-style-type: none"> Listening and Understanding Communication & Speaking Emergent Literacy | Book: | Book: | Book: | Book: | Book: | Read School Family Book and others as children ask |
| | Songs- “The Bear is Sleeping” | Songs- Merry Christmas | Songs- Arctic animal song | Songs- Christmas song | Songs- Penguins Waddle | Labeling items children are using Counting- items children are playing with |
| Social and Emotional Development <ul style="list-style-type: none"> Trust and Emotional Security Self-Awareness Self-Regulation Relationships with Others | Fingerplay: “Two Little Blackbirds” | Fingerplay: Feliz Navidad | Fingerplay: Arctic friends | Fingerplay: Mittens fingerplay | Fingerplay: I am a Little Penguin | Connection Rituals- |
| | Modeling Emotions- Calm Bird vs. Excited Bird | Modeling Emotions- How do holidays make you feel | Modeling Emotions- Imitate arctic animals | Modeling Emotions- Bothered | Modeling Emotions- Cold vs. Warm faces | Practicing Breathing- Star & Balloon Breathing- Conscious Discipline |
| Cognitive Development <ul style="list-style-type: none"> Exploration and Discovery Problem Solving Memory Imitation and Make Believe | Recall Book | Recall | Recall Book: | Recall Book: | Recall Book: | Recall different events from the day. |
| | Sensory- Cotton “snow,” pinecones | Sensory- The world sensory box | Sensory- Cotton ball snow | Sensory- Rattles shakers to mimic snow | Sensory- “Snow” sensory bin with cotton, scoops, and cups | Play with toys that make noise |
| | Free Play- Soft blocks to build simple “animal homes” | Free Play— Object Sorting Basket | Free Play— Small cotton activity | Free Play— Snowflake dance | Free Play— Crawling through a “snow tunnel” | Teach problem solving as disputes occur |

“When children pretend, they’re using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero.” – Fred Rogers

Items needed for Month Lessons & Activities:

Group: 6 monthes-18monthes-1’s

Month: December 2025

| Activity/Lesson | Items needed | Need support? | Date Needed? |
|-----------------|--------------|---------------|--------------|
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Reflection:

What did the child learn/enjoy? _____

What would you do differently? _____
