

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 •Health and Well-being •Gross Motor Skills Fine Motor Skills	Self Help Skill: Practice putting on and taking off a jacket	Self Help Skill: Spin like a dreidel	Self Help Skill: Put on winter coats	Self Help Skill: Put on gloves/mittens	Self Help Skill: Put on mittens	Yoga Poses- balancing, breathing, stretching, large & small body movements
	Big Body: Curl up like sleepy bears	Big Body: Decorating our christmas tree	Big Body: Walk like penguin	Big Body: Snowball toss	Big Body: Snow yoga	Large Group: Talk about Harvest activities for the week.
	Bear Crawl & Bird Flap	March like in a posada parade	Slide like a seal	Snow Walk: tiptoe like walking on snow	Circle time cozy blanket	Block Center- play and build with different sizes of blocks
	Art/ Fine Motor: Glue cotton “snow” around the cave.	Art/ Fine Motor: Paint a kiara	Art/ Fine Motor: Cotton ball painting snow	Art/ Fine Motor: Q tips snowflakes	Art/ Fine Motor: Snowman craft	SENSORY activity weekly
Language & Communication Development <ul style="list-style-type: none"> • Listening and Understanding • Communication & Speaking • Emergent Literacy 	Read:	Read:	Read:	Read:	Read:	Large Group:
	Make Chart: Hibernation and migration class chart	Make Chart: Matching holiday symbols	Make Chart: Water/land animals	Make Chart: Sunny/cloudy/snowy weather	Make Chart: Warm and cold	Play:
	Animal Talk: Sleep or fly	What is posada	Name Arctic animals	Talk about ice and snow	Winter vocabulary	Transition Activity:
	MUSIC: Fly, Fly Little Bird.	MUSIC: Holiday around the world	MUSIC: Baby animals song	MUSIC: Snowflake	MUSIC: Winter dance	Puzzles -
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: Five little penguins	Fingerplay: Puppet play with snow	Fingerplay: I’m a little snowman	Connection Rituals-
	Model Demonstrate “sleepy vs. awake”	Model Quit time listing the holiday music	Model Gentle hands (with soft animals)	Model How to build a snowman	Model Winter season	Practice self-calming techniques STAR- Stop Take a Deep Breath and Relax- Conscious Discipline
Cognitive Development <ul style="list-style-type: none"> • Exploration and Discovery • Problem Solving • Memory • Imitation & Make Believe 	Science/Nature- Weather Talk – discuss cold, snow, wind	Science/Nature- Making a piñata	Science/Nature- Ice melting experiment	Science/Nature- Freeze water experiment	Science/Nature- Melting snowman	Shape sorters and simple memory game with children during play time
	Activity: Animal Sort: sleep vs. migrate	Memory games: Kwanza memory games	Activity: Animal matching cards	Memory games: Winter clothing matching	Activity: Animal matching	Talk about solving problems with friends anytime disagreements arise
	Sensory Bin: cotton “snow,” pinecones,	Sensory Bin: Mazao math	Sensory: Sensory box with ice	Sensory: Touch and feel ice	Sensory: Snow bin	Transitions- utilized to count & practice various skills
	Play: Bear Cave & Bird Flight	Play: Gift wrapping station	Play: Animal rescue in the snow	Play: Hot cocoa shop	Play: Snowball toss	Change out materials in Dramatic play area weekly

“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: 18monthes-2’s Month: **December 2025**

Activity/Lesson	Items needed	Need support?	Date Needed?

Reflection:

What did the child learn/enjoy? _____

What would you do differently? _____

