

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

Learning Domains	Week 1 Dr. Suess Week	Week 2 Bugs/Insects	Week 3 Persian New year	Week 4 Solar System	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 Cat Stretch & Tree Pose	Yoga Poses Butterfly & Ladybug curl	Yoga Poses Flower Pose & Sun Stretch	Yoga Poses Star Pose & Rocket Stretch	Music/Instruments- rattles & shakers, drums
	Free Play Rhyming sound baskets	Free Play Bug figurines in grass mat	Free Play Spring flower arranging	Free Play Rolling planet balls	Self Help skills- hand washing, eating
Language & Communication Development <ul style="list-style-type: none"> Listening and Understanding Communication & Speaking Emergent Literacy 	Book <i>Green Eggs and Ham</i> (board book)	Book <i>The Very Hungry Caterpillar</i>	Book Spring celebration photo book	Book <i>Baby Loves the Sun</i>	Read School Family Book and others as children ask
	Songs Silly Rhyme Song with clapping	Songs Itsy Bitsy Spider with actions	Songs Soft cultural music with clapping	Songs Twinkle Twinkle with motions	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 Open Shut Them	Fingerplay Five Little Ladybugs	Fingerplay Growing Flower fingers	Fingerplay Zoom Zoom Rocket	Connection Rituals-
	Modeling Emotions Happy and silly faces in mirror	Modeling Emotions Gentle hands with bugs	Modeling Emotions Calm breathing with music	Modeling Emotions Excited vs. calm voices	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 Point to favorite Seuss picture	Recall Book Find the caterpillar page	Recall Book Family celebration pictures	Recall Book Point to sun or moon	Recall different events from the day.
	Sensory Red & blue rice scoop bin	Sensory Dirt and scoops sensory tub	Sensory Herb scent exploration tray	Sensory Black beans with glow stars	Play with toys that make noise



Cognitive Free Play Stack and balance tall towers	Cognitive Free Play Bug puzzle exploration	Cognitive Free Play Pretend picnic setup	Cognitive Free Play Shape sorter planets	Teach problem solving as disputes occur
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“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: March 2026

Activity/Lesson	Items needed	Need support?	Date Needed?

Reflection:

What did the child learn/enjoy? _____



What would you do differently? _____
