

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

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: Starfish pose, Dolphin stretch	Yoga Poses: Butterfly pose, Tree pose	Yoga Poses: Rocket pose, Moon stretch	Yoga Poses: Frog pose, Cat stretch	Yoga Poses: Hero pose, Flying pose	Music/Instruments- rattles & shakers, drums
	Free Play: Ocean animals and fishing toys	Free Play: Cultural instruments and dress-up clothes	Free Play: Space blocks and astronaut toys	Free Play: Magnifying glasses and water scoops	Free Play: Superhero capes and dress-up	Self Help skills- hand washing, eating
Language & Communication Development <ul style="list-style-type: none"> Listening and Understanding Communication & Speaking Emergent Literacy 	Book: Baby Beluga	Book: Families Around the World	Book: Goodnight Moon	Book: Little Scientist	Book: Superhero ABC	Read School Family Book and others as children ask
	Songs: Baby Shark	Songs: Hello Around the World	Songs: Zoom Zoom Rocket Ship	Songs: Five Little Scientists,	Songs: I Can Be a Hero	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: Five Little Fish Swimming	Fingerplay: Clap Around the World	Fingerplay: Zoom Zoom Rocket	Fingerplay: Mixing and Pouring Hands	Fingerplay: Flying Superhero Hands	Connection Rituals-
	Modeling Emotions: Happy expressions	Modeling Emotions: Friendly expressions	Modeling Emotions: Excited and surprised expressions	Modeling Emotions: Curious expressions	Modeling Emotions: Brave expressions	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 Book:	Recall Book:	Recall Book:	Recall Book:	Recall different events from the day.
	Sensory: Blue water beads and seashell touch tray	Sensory: Fabric texture exploration	Sensory: Glow stars and moon sand	Sensory: Sink and float exploration	Sensory: Pom-pom rescue bin	Play with toys that make noise
	Free Play: Fishing game and ocean sensory basket	Free Play: Puppet greetings and pretend cooking	Free Play: Astronaut pretend station	Free Play: Science labs pretend play	Free Play: Rescue mission pretend play	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: June 2026

Activity/Lesson	Items needed	Need support?	Date Needed?

Reflection:

What did the child learn/enjoy? _____

What would you do differently? _____

