

Happy New Year

WoodlandsMommy.com

WoodlandsMommy.com Infant Lesson Plan

A gentle, celebratory theme focused on new beginnings, movement, sounds, and cozy connection.

Book to add to your child's library: Happy New Year, Spot by Eric Hill



MUSIC & MOVEMENT

Cheer the Year

(Tune: "Row, row, row your boat")

Cheer, cheer, cheer the year,
A new one's just begun.
Celebrate with all your friends,
Let's go have some fun!
Clap, clap, clap your hands,
A brand new year is here.
Learning, laughing, singing, clapping,
Through another year.

Happy New Year

(Tune: "Are You Sleeping?")

Happy New Year!
Happy New Year!
Rah! Rah! Rah!
Rah! Rah! Rah!
Good-bye to the old year!
Hello to the new year!
Rah! Rah! Rah!
Rah! Rah! Rah!

Lift & Celebrate: Slowly lift your baby up and down while saying, "Up we go! Happy New Year!" Keep movements calm and predictable.

BABY GAMES & LANGUAGE

Bright New Year Sounds

Use soft, gentle noisemakers to celebrate the New Year in a baby-safe way. Try a small container of rice (sealed) as a shaker, a soft jingle bell inside a sock, or light tapping on a wooden spoon.

Play slowly and describe each sound. "Shake-shake... jingle-jingle... tap-tap..." This builds listening skills and early sound recognition.

Hello, New Year

Say simple, cheerful phrases and use gestures:

"Happy New Year!" (big smile)

"Hello, baby!" (wave)

"Happy... happy!" (clap softly)

Wave Goodbye / Hello: Gently help baby wave while saying, "Bye-bye old year" and "Hello new year."

EXPLORATION

Shiny Discovery: Let your baby explore safe, shiny items like a crinkly ribbon, foil ball, or reflective toy. Describe what they see: "shiny," "bright," "sparkle."

Gentle Confetti Play:

Place a few large, soft fabric pieces or scarves on the floor and let baby watch or touch as you move them slowly like falling confetti.

Mirror Moment: Sit together in front of a mirror and smile, wave, and say, "Happy New Year!"



RELATIONSHIP BUILDING / BONDING

New Year Snuggle Countdown

Hold baby close and do a soft, slow countdown from 5 to 1. At "1," gently lift baby, say "Happy New Year!" and offer a big smile and kiss.

"This Year..." Ritual

As you rock or hold baby,

quietly list loving affirmations: "This year, I will cuddle you... play with you... read to you... help you grow..."

Quiet Celebration: End the lesson with dim lights, gentle rocking, and calm connection to reinforce safety and comfort.