

Year 1 · Sound & Silence (December 2025 – December 2026)

Josie Education Program · Age 1 to 2

Core Idea: Every living thing has rhythm — from heartbeat and breath to music, voice, and quiet.

Overview

Primary Goal: Develop sensory awareness, secure attachment, emotional language, and pattern recognition through sound, movement, and empathy.

Learning Domains Integrated: Music · Language · Math · Science · Art · Movement · Empathy · Life Skills

Quarterly Themes

Quarter	Theme	Focus Question	Anchor Experience
Winter (Dec–Feb)	<i>The Rhythm of the Earth</i>	What sounds are around us?	Listening Walk · Family Sound Map
Spring (Mar–May)	<i>Whispers of the Wind</i>	How does air move sound?	Build wind chimes · Breathe and sing
Summer (Jun–Aug)	<i>Voice of Water</i>	What happens when sound meets water?	Water xylophone · Splash rhythms
Autumn (Sep–Nov)	<i>Echo of the Heart</i>	How does quiet help us feel?	Heartbeat listening · Lullaby recording



Monthly Outline

Month	Central Concept	Example Activities	Emotional / Life-Skill Focus
Dec	<i>Listening to Life</i>	Narrate daily sounds · Soft/loud basket	Awareness · Security
Jan	<i>Heartbeat & Rhythm</i>	Feel pulse · Tap drum · Move to beat	Self-regulation
Feb	<i>Family Voices</i>	Record voices · Name family sounds	Connection
Mar	<i>Wind & Breath</i>	Blow through straw · Wind dance	Breath control
Apr	<i>Air Instruments</i>	Bottle flutes · Pinwheel science	Focus
May	<i>Emotion Voices</i>	Happy/sad tone play · Mirror faces	Emotional language
Jun	<i>Water Music</i>	Cups of water tones · Float objects	Flow · Patience
Jul	<i>Splash and Silence</i>	Observe ripples · Quiet meditation	Calm
Aug	<i>Listening to Animals</i>	Imitate bird calls · Farm visit	Empathy for life
Sep	<i>Heartbeats of Nature</i>	Drum to rain or thunder	Rhythm awareness
Oct	<i>Quiet and Cozy</i>	Whisper story time · Yoga breathing	Reflection
Nov	<i>Thankful Sounds</i>	Record family lullaby	Gratitude

♪♪ Weekly Learning Pattern

Focus Area

Example Invitations

Movement / Yoga	Morning Sun Breaths · Lion Pose · Butterfly Stretch
Piano / Music	Tap high vs low keys · Copy rhythm · Sing 1-note songs
Science / Observation	Feel vibrations on speaker · See rice move on drum
Art / Color	Paint sound waves · Use thick brush for loud sound
Language Arts	Read <i>The Listening Walk</i> · Describe daily sounds
Math Patterns	Count claps · 1-2-pause beat games
Empathy / Life Skills	“Helping Hands” task · Take turns with instruments
Quiet Time	Candle or chime signal → 2 minutes of silence → soft song



Reading & Song Suggestions

- *The Listening Walk* – Paul Showers
 - *Peace Is an Offering* – Annette LeBox
 - *Have You Filled a Bucket Today?* – Carol McCloud
 - *A Quiet Place* – Douglas Wood
 - Songs: “You Are My Sunshine,” “Ocean Drum Song,” “Peace Like a River”
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Emotional Intelligence Goals

Skill	Indicator
Self-Awareness	Can point to a picture that matches how she feels.
Empathy	Imitates the caregiver's comforting gesture.
Self-Regulation	Take a deep breath when modeled.

Relationship Skills	Participates in turn-taking activity.
Decision-Making	Chooses between two calm-down options.



Life-Skills Benchmarks (Age 1–2)

- Carries toys to the shelf after play.
 - Helps wipe spills with cloth.
 - Pour a small cup of water into a plant pot.
 - Gives hugs or high-fives to comfort.
 - Recognizes personal belongings.
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Portfolio Evidence Ideas

- Photo of yoga pose or breathing practice.
 - Short video of drumming or piano tap.
 - Sample “sound painting.”
 - Audio clip of family lullaby.
 - Reflection note: *“Today Josie listened quietly to the rain for two minutes.”*
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Parent Reflection Prompts

- What sound brought her the most joy this week?
 - When did she show empathy spontaneously?
 - Which routine felt calming or overwhelming?
 - What surprised you about her curiosity?
 - What new word or gesture emerged?
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PA Early-Learning Standard Alignment (for future compliance)

Domain	Example Standard Code	Addressed Through
Science & Technology	3.2.PKA5 – Observe forces and motion	Sound vibration experiments
Mathematics	PK.M.2.I.2 – Recognize patterns	Rhythm & beat counting
Language Arts	PK.L.A.1 – Engage in active listening	Story and sound activities
Creative Arts	9.I.PKA – Respond to music with movement	Drum and dance play
Health & PE	10.4.PKA – Engage in movement activities	Yoga and body rhythms
Social Emotional	SEL Standard 1 – Self-Awareness	Naming feelings during sound games