

# 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.

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## 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

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## 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 &amp; 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 &amp; 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

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

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

**Relationship Skills**

Participates in turn-taking activity.

**Decision-Making**

Chooses between two calm-down options.

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## **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.PK.A5 – Observe forces and motion	Sound vibration experiments
Mathematics	PK.M.2.1.2 – Recognize patterns	Rhythm & beat counting
Language Arts	PK.1.A.1 – Engage in active listening	Story and sound activities
Creative Arts	9.1.PK.A – Respond to music with movement	Drum and dance play
Health & PE	10.4.PK.A – Engage in movement activities	Yoga and body rhythms
Social Emotional	SEL Standard 1 – Self-Awareness	Naming feelings during sound games