

PROGRAM DAILY ROUTINE

Time	Infant	Toddler	Pre-School	School-Age
8:00 – 8:45a	Arrivals, daily health check, hand washing, quiet activities, Free play.			
8:45 – 9:00a	Clean- up, toileting or diaper changing, and hand washing.			
9:00 – 9:15a	M O R N I N G E X E R C I S E			
9:15 – 9:45a	Feeding time	B r e a k f a s t T i m e		
9:45 – 10:45a	N A P	Group activity: Finger painting, music time (songs, musical instruments), conversation, colors, shapes.	Group activity: Drawing, painting, cutting,play dough, art & crafts, music, language, science, numbers, shapes, colors.	Group activity: Drawing, painting, cutting,play dough, art & crafts, music, language, letters, numbers.
10:45 – 11:00a	Clean- up, toileting or diaper changing, and hand washing.			
11:00 – 11:15a	Dress for outdoors	Preparation for Outdoor Activities: Dress toddler/ pre-school children for the weather. Older children help younger children dress.		
11:15 – 12:00a	O U T D O O R T I M E			
	Cuddle/ talk, sing songs, soft toy play, squeeze toys.	Active play on the backyard, running, climbing, sliding, sand or water play.		
12:00 – 12:15p	Transition to indoor, toileting or diaper changing, and hand washing.			
12:15 – 12:45p	Feeding Time	Lunch preparation and Lunch Time: Guide children in small group discussions about table manners, nutrition, favorite foods, etc.		
12:45 – 1:00p	Clean- up, toileting or diaper changing, and hand washing.			
1:00 – 3:00p	Preparation for Nap Time Nap Time/ Rest Time			Nap Time/ Rest Time/ Quiet Reading/ Writing
3:00 – 3:15p	Clean- up, toileting or diaper changing, and hand washing.			
3:15 – 3:45p	Feeding Time	Free Choice: push & pull toys, filling & dumping, stacking blocks, musical toys.	Free Choice: block building, house-keeping, table games, puzzles, dress-up.	Free Choice: role play, dress-up, writing, reading, cooking/ baking, table games, cards, legos.
3:45 – 4:00p	S T O R Y T I M E			
4:00 – 4:15p	Clean- up, toileting or diaper changing, and hand washing.			

4:15 – 4:30p	Floor Time: belly time, crawling, gentle play.	Preparation for Snack and Snack Time: Older children can help with the prep. Guide children in discussion.
4:30 – 5:15p	N A P	Supervised outdoor Play Time (weather permitting) OR Supervised indoor Play Time (Free play).
5:15 – 5:30p	Diaper changing.	Transition to indoor (or clean-up), toileting or diaper changing, hand washing.
5:30 – 5:45p	CIRCLE TIME : Circle games, sing songs, finger games.	
5:45 – 6:00p	Feeding Time	Clean- up, toileting or diaper changing, and hand washing. Preparation for departure.
	Clean- up, toileting or diaper changing	
6:00pm	LAST CHILD LEAVES	