

## Daily Routine

### **Schedule**

A healthy lifestyle has many aspects which are included in our daily routine. Daily schedules may be altered due to activities, field trips or visitors. I believe that following a schedule guideline benefits the children, but please keep in mind this is only a guideline.

### Daily Schedule

7:00 a.m.	OPEN
7:00 - 8:00	Opening Program – greeting parents and children. Wash hands. Hot breakfast
8:00 – 9:00	Toilet training, diapering and wash hands
9:00 – 9:30	Free play; blocks, small manipulative toys, busy box books and puzzles
9:30 – 10:00	Group time; calendar, story time, singing and art project
10:00 – 11:00	Outside play (weather permitting)
11:00 - 11:30	preparation for lunch; diapering and toilet training; wash hands
11:30-12:00	Lunch
12:30-2:45	Nap/Quiet time
2:45-3:00	Wake up time/prep for snack; toilet training diapering and washing hands
3:00-3:30	Snack time
3:30-4:15	Outside play (weather permitting) Activity; Play dough, Puzzles, coloring and games
4:15	Parent pick up; Book/videos
4:30	CLOSED

### **Physical Activity**

I believe that daily structured and unstructured play is beneficial to children's health and development. It is my policy to take the children outside to engage in active play both morning and afternoon for at least 30 minutes. Exceptions to this policy are rain, threat of severe weather or extreme temperatures. Play equipment is available to all children all the time. There is a wide variety of play equipment available that is suitable to children of all ages. Water will be freely available to children outside.

Indoor, structured and adult led active play is also provided for 20 minutes during the morning and afternoon with music, active games and a variety of portable play equipment in adequate quantities for children to play at the same time. Physical activity will be integrated with learning to enhance school readiness through activities and books. Excluding nap time, children will not be required to stay seated for more than 30 minutes at a time. Television or videos are rarely shown.