



Example of daily routine

- 7:30 Free play
- 8:50 Clean-up
- 9:00 Morning circle
- 9:20 Hand washing/bathroom
- 9:30 Breakfast/snack
- 10:00 Child's choice/Table top activities
- 10:30 Directed activities (pre-school program for all children)
- 11:10 Outdoor activities (rain or shine)
- 11:50 Handwashing/bathroom
- 12:00 Lunch
- 12:45 Story time
- 1:00 Nap
- 2:50 Put away mats/bedding (older children may wake sooner and participate in quiet activities)
- 3:00 Handwashing/bathroom (we encourage frequent hand washing to reduce the spread of germs)
- 3:10 Snack
- 3:25 Outdoor activities
- 4:00 Hand washing/bathroom
- 4:10 Free Play
- 5:30 Centre closes

We believe strongly that children should engage in outdoor play at least once a day regardless of the weather. During the spring and summer we will adapt indoor activities so we can increase the amount of time spent outdoors.