



DAILY SCHEDULE



MORNING



8:00 – 8:40 AM

Arrival & Soft Start

Children are welcomed into a calm, nurturing environment with soft music and free play.



8:40 – 9:00 AM

Breakfast

A healthy, balanced breakfast shared together to start the day with energy and connection.



9:00 – 9:15 AM

Circle Time

Morning routine including greeting songs, weather check, and emotional awareness.



9:15 – 10:00 AM

Main Activity (Learning Block)

A structured, teacher-guided activity focused on development:

- Sensory exploration
- Music & rhythm
- Toddler yoga & movement
- Art & creativity



10:00 – 11:00 AM

Outdoor Exploration

Daily outdoor time including walks, nature play, and gross motor activities.



MIDDAY



12:00 – 12:30 PM

Lunch

Nutritious, home-style meals enjoyed together in a calm setting.



12:30 – 3:00 PM

Nap / Rest Time

A consistent rest period to support growth and emotional balance. Individual sleep needs are respected.



AFTERNOON



3:00 – 3:20 PM

Wake Up & Snack



3:20 – 4:40 PM

Outdoor Play / Free Exploration

Afternoon outdoor time focused on free play, social interaction, and creative exploration.



4:40 – 5:00 PM

Pick Up & Wind Down

A calm, relaxed environment with books and quiet play as children transition home.