



DAILY RHYTHM

(Toddler Age)

OUR FULL DAY IS FROM 7AM-5:30PM

Try to drop off your child by 9AM to allow them time for indoor free play and snack.
Pick up time is between 3-5PM

All activities will be held outdoors when weather permits.

7-9 AM **Indoor Free Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play inside.

9 AM **AM Snack**

9:30 AM **Bathrooms, Dressing and Outdoor Transition**

10 -11 AM **Outdoor Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play outside.

11:15-11:45 AM **Lunch**

12-2PM **Nap Time / Quiet Time**

Our children who take naps will sleep in our nap area. Children who do not nap will rest for a short period and then choose from quiet activities or go outside (in warm weather).

2-2:30PM **PM Snack**

2:45-3PM **Bathrooms, Dressing and Outdoor Transition**

3- 5PM **Outdoor Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play outside.



DAILY RHYTHM

(Preschool Age)

OUR FULL DAY IS FROM 7AM-5PM

Try to drop off your child by 9AM to allow them time for indoor free play and snack.
Pick up time is between 3-5PM

All activities will be held outdoors when weather permits.

7-9 AM **Indoor Free Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play inside.

9 AM **AM Snack**

9:30 AM **Bathrooms, Dressing and Outdoor Transition**

10:00 -11:30AM **Outdoor Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play outside.

11:30AM-12PM **Lunch**

12-2PM **Nap Time / Quiet Time**

Our children who take naps will sleep in our nap area. Children who do not nap will rest for a short period and then choose from quiet activities or go outside.

2-2:30PM **PM Snack**

2:30-3PM **Bathrooms, Dressing and Outdoor Transition**

3- 5:30 PM **Outdoor Play & Exploration**

Time and space to Play, Create & Explore

This is a child-led opportunity for free play outside.