

## Example Daily Routine

<u>Block 1</u> Self-selected activity	AM	<b>Breakfast</b> Children are encouraged to serve themselves. Adults sit with children and encourage conversation.
		<b>Free Play</b> Child self-directed play. Children choose from several experiences. This is a time for exploration of language and culture, dramatic play, literacy, art, blocks, sensory play, music and movement. Adults support children by providing them with materials and asking children open-ended questions that extend their learning. (1-2 hours)
		<b>Snack</b> Snack available as a choice. Children develop independence and self-esteem as they serve and clean up after themselves.
<u>Block 2</u> Morning learning		<b>Learning Time</b> A combination of conversation, stories and music. Adults provide a structured activity to do with children. Curriculum areas: literacy, numeracy, science, story time and technology. (maximum 10-15 minutes)
<u>Block 3</u> Self-selected activity outdoors		<b>Outdoor Play</b> Children have a choice of self-directed activities - large muscle equipment, wheel toys, sand box, water play, gardening, painting, dramatic play, movement and music. Strong large motor, wellness and social skill development. (60 minutes)
<u>Block 4</u> Mealtime		<b>Lunch</b> Children are encouraged to serve themselves. Adults sit with children and encourage conversation.
<u>Block 5</u> Downtime and afternoon learning		<b>Quiet Activities</b> Nap time or children select between quiet, resting activities - puzzles, small toys, books, independent games, etc. (1 hour)
		<b>Learning Time</b> (See above, maximum 10-15 minutes)
<u>Block 6</u> Self-selected activity	PM	<b>Free Play</b> (See above, 1-2 hours)
		<b>Snack</b> (See above)
		<b>Outdoor Play</b> (See above, 60 minutes)
		<b>Dinner</b> Children are encouraged to serve themselves. Adults sit with children and encourage conversation.
<u>Block 7</u> Family Activities		<b>Family Activities</b> Time for family activities of your choosing outdoors or indoors
<u>Block 8</u> Bedtime Routines		<b>Bedtime</b> Young children require consistent bedtime routines this may include: a small snack, bath time, story time.

## Everyday Experiences

<p><u>Learning</u> Learning experiences for children should be focused on self-selected play. Adult guided activities 10-15 mins. at any one time.</p>	<p><u>Mealtimes</u> Having children involved in the creation, preparation and sitting down with others for mealtimes is a great learning experience.</p>	<p><u>Getting Outdoors</u> Outdoor time recommended is at least 60 minutes in the morning and 60 minutes in the afternoon.</p>	<p><u>Reading</u> Daily reading and or storytelling with children is recommended for language and literacy development. This will help young children learn to read and write..</p>	<p><u>Games</u> Play is at the centre of learning. Make-believe or pretend play, board games, card games, interactive and fun games need to be played daily.</p>	<p><u>Conversations</u> Talking everyday in any language is necessary for language development. Singing songs with young children helps to develop oral language and learning.</p>
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