



Updated March 2021

### **DAILY ROUTINE – Pre-school**

- 6:30-8:30am - Free play
- 8:30-9:00am - Clean up / diapers check / toileting and hand wash
- 9:00-9:20am - Breakfast time
- 9:20-9:35am - Circle time with rhymes, shapes, colours
- 9:35-10:35am - Outdoor play (weather permitting) and /or gross motor activities
- 10:35-11:10am - Free play / diapers / toileting and hand wash
- 11:10-11:40pm - Lunch time
- 11:40-12:00pm - Hand & face washing and diaper checks, settling down for naps, staff soothes children
- 12:00-2:30pm - Nap time
- 2:30-3:00pm - Art and craft and/or books
- 3:00-3:30pm - Snack time
- 3:30-4:00pm - Diaper change, wash hands, faces & fix child's hair and change soiled clothing.
- 4:00-5:00pm - Outdoor play (weather permitting) and /or gross motor activities
- 5:00-5:30pm - Check diapers, wash hands and face, tidy up the room
- 5:30-6:00pm - Free play / table top activities
- 6:00pm - Day Care closes