

Apples & Seedlings Daily Routine

8:00-9:00 (Good Morning) Breakfast/ free flow play

9:00-9:20 Focused activities /Free flow play indoors/outdoors

9:20-9:30 Hand washing for snack time

9:30-9:45 Morning snack time and group singing

9:45-10:00 Toileting/ Free flow play indoors/outdoors

10:00- 10:30 Focused activities in large / small groups (Planned)

10:30-10:50 Free flow play

10:50-11:00 Tidy up time

11:00-11:20 Circle time in small groups (Storytelling/nursery rhymes)

11:20-11:30 Hand washing for lunch

11:30-12:00 Lunch time (refer to menu)

12:00 -12:10: Toileting/Tooth brushing

12:10-2:00 Sleep/rest time

2:00-2:20 Toileting/ hand washing for snack time

2:20-2:40 Afternoon snack time indoors/outdoors (free play)

2:40-3:00 Language and small group activities (planned)

3:00-3:20 Free flow play indoors/outdoors

3:20-3:30 Tidy up time, hand washing for tea

3:30-4:00 Tea time

4:00-4:30 Toileting/ free flow play indoors/outdoors

4:30-5:00 Storytelling, songs and rhymes (circle time)

5:00-6:00 Free flow play indoors/outdoors/ home time

