






Grizzlies DAILY ROUTINE (this routine is flexible to best meet the needs of the children)

7:00-8:00	<p>Morning arrival, this is a chance for parents and staff to exchange information about their child. How the child has been over the weekend or the previous evening. Some children enjoy a light breakfast snack. Children and staff spend time enjoying quiet small group experiences. Children offer ideas on experiences and resources they would like to use. Younger and older children interact giving older children peer tutoring opportunities. This is also a time when siblings get to play together.</p>	
8:00-8:30	<p>As more friends arrive the other groups move to their rooms. Grizzlies engage in planned small group experiences and welcome more friends as they arrive.</p> <ul style="list-style-type: none"> ➤ Children are reminded to use the bathroom 	
8:30-9:00	<ul style="list-style-type: none"> ➤ Hand washing <p>Snack time is an opportunity for staff to observe how children are eating. Staff also take this time to speak to the children about the food they are eating and how “good food” makes our bodies strong.</p>	
9:00-11:00	<p>The group splits into two. Children choose which group they wish to be in and adults support them to make this decision. Each group spends an hour inside and then swop and spends an hour outside.</p> <p>Group 1 then 2: Indoor Group - During this time children enjoy a variety of small group indoor activities including math and science, creative art experiences or self-selecting to follow their own interest.</p> <p>Group 2 then 1: Outdoor Group - Outdoor play time is a chance to explore and safely challenge the children as they master newly developed physical skills. Staff add planned experiences to the outdoor setting to keep it interesting.</p>	
11:00-12:15	<p>Back together, and the children enjoy some self-directed play. Staff introduce new experiences and build on the mornings interests.</p> <ul style="list-style-type: none"> ➤ Children are reminded to use the bathroom <p>The children and staff sit together for a circle time. Children and staff enjoy sharing Show and Share, this is a wonderful way for children to develop confidence. This is a chance to read a favourite book, sing some songs and talk about the morning. Some children choose to self-select a toy to play with at this time and staff allow them to follow their own interest.</p> <ul style="list-style-type: none"> ➤ Hand washing <p>Lunch time is a chance for staff to support the children to become independent, children often help set the table and serve their own meals. Staff again take this time to speak about food and dental health. Staff encourage children to end their meal with a drink of water.</p>	

12:15-2:00		<p>Prior to rest time, the children select a story to read on their bed. When requested by children staff may gently rub children’s backs and encourage them to relax and listen to the sleep time music, other children like a staff member to read their selected book. If children don’t fall asleep they are given a small toy/activity to do on their bed. After 30 minutes children will then move to quiet activities and allow their friends who did fall asleep the time they need to rest.</p> <p>As children wake they are warmly greeted by a staff member who quietly offers them a peaceful transition back into the group. This is a nice time to read stories, gaze out the window or continue exploring the toy shelves.</p>
2:00-2:45	<ul style="list-style-type: none"> ➤ Children are reminded to use the bathroom 	<p>This is often a fun time to get messy doing arts and craft. Staff work with children to explore different mediums, they talk about how the colours mix to make new colours, ask questions about how the paint feels squishing between the children’s fingers and allow the children to express themselves artistically.</p>
2:45-3:30	<ul style="list-style-type: none"> ➤ Hand washing 	<p>The children and staff enjoy an afternoon snack. The staff talk about the plans for the afternoon and start to prepare children for their next outside play time. Some children will go home early and staff enjoy sharing messages and moments of each child’s day with their parents.</p>
3:30-4:30		<p>Children are keen to get back out and run off some extra energy. Staff often build on the children’s interests from the morning outdoor session by adding resources and materials to enhance the afternoon play time. Outside time is a great opportunity for children to test and challenge their physical skills. They also get to re-connect with nature.</p>
4:30-5:00	<ul style="list-style-type: none"> ➤ Children are reminded to use the bathroom 	<p>As it gets late the children and staff head back inside. Children are given time to self-direct their play and explore their own interests.</p>
5:00-5:30		<p>As our numbers drop the children from Mountain Lions join the Grizzlies group. This is a lovely time for children to reconnect with peers from other rooms. Staff exchange information about each child’s day and this is then passed onto parents as they arrive.</p> <ul style="list-style-type: none"> ➤ Hand washing, toilet check <p>At this time of day some children are getting hungry. Children are invited to sit together and enjoy a late afternoon snack. During this time staff and children can be heard talking about the day and their plans for the evening.</p>
5:30-6:00		<p>All the children and staff move to the Chickadee room for the final moments of the day. As the afternoon rolls on our friends head home to enjoy a meal with their family and to share stories about the fun that was had. Staff and parents exchange information about the day and offer highlights and routine information.</p>



