






## Mountain Lion DAILY ROUTINE (this routine is flexible to best meet the needs of the children)

7:00-8:00	<p><b>Morning arrival</b>, 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. Mountain Lions <b>planned small group experiences</b> and to welcome more of our friends as they arrive.</p> <ul style="list-style-type: none"> <li>➤ Children are reminded to use the bathroom</li> </ul>	
8:30-9:00	<ul style="list-style-type: none"> <li>➤ Hand washing</li> </ul> <p><b>Snack time</b> is an opportunity for staff to observe and record children's food preferences. 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 discussion. Each group spend an hour inside and then swap and spend an hour outside.</p> <p>Group 1 then 2: Indoor Group - During this time children enjoy a variety of small group <b>indoor activities</b> including math and science, creative art experiences or self-selecting to follow their own interest.</p> <p>Group 2 then 1: Outdoor Group - <b>Outdoor play</b> 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"> <li>➤ Children are reminded to use the bathroom</li> </ul> <p>The children and staff sit together for a <b>circle time</b>. Children and staff enjoy learning new action songs. This helps to develop coordination and rhythm. 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"> <li>➤ Hand washing</li> </ul> <p><b>Lunch time</b> is a chance for staff to support the children to become independent, children often help set the table and serve their own meals. Staff model how to hold a fork or spoon. Staff assist children to load food onto the fork or spoon as needed. 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 gather for a story. Children are getting tired and start <b>heading to bed</b>. Staff gently rub children's backs and encourage them to relax and listen to the sleep time music. A staff member stays with the sleeping children at all times. 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"> <li>➤ Children are reminded to use the bathroom</li> </ul>	<p>As children wake from their rest/sleep time staff enjoy some quiet time with them. This is often a fun time to get messy doing <b>arts and craft</b>. 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"> <li>➤ Hand washing</li> </ul>	<p>The children and staff enjoy an <b>afternoon snack</b>. 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 <b>outdoor session</b> 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"> <li>➤ Children are reminded to use the bathroom</li> </ul>	<p>As it gets late the children and staff head back inside. Children are given time to <b>self-direct their play</b> and explore their own interests.</p>
5.00-5:30	<ul style="list-style-type: none"> <li>➤ Hand washing, toilet check</li> </ul>	<p>As our numbers drop the children join the <b>Grizzlies</b> group. This is a lovely time for children to explore a new room and a new set of toys. Staff exchange information about each child's day and this is then passed onto parents as they arrive.</p> <p>At this time of day some children are getting hungry. Children are invited to sit together and enjoy a <b>late afternoon snack</b> if they are hungry. 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 the family and to share stories about the fun that was had. <b>Staff and parents exchange information</b> about the day and offer highlights and routine information.</p> <ul style="list-style-type: none"> <li>➤ Closing checklist</li> </ul>

