

# Rhythm of the Day – The Snug

## **7:45am – 8:45am ~ Breakfast Time**

8:45am – 9:45am ~ Free play/Focused Activity

9:45am – 10:45am ~ Sensory/Outdoor play and free flow snack

10:45am – 11:15am ~ Messy play activity and free play

11:15am – 11:30am ~ Song/story time and wash hands

## **11:30am ~ Dinner Time**

12:45pm ~ End of morning session/start of afternoon session

12:45pm – 1:45pm ~ Free play and sleep time

1:45pm – 2:45pm ~ Sensory/Outdoor play and free flow snack

2:45pm – 3:15pm ~ Key worker 1:1 activity

3:15pm – 3:30pm ~ Song/story time and wash hands

## **3:30pm ~ Tea Time**

Free play until home time – Close at 5:45pm