

Children's Campus of Chapel Hill Ocean Room Daily Schedule

7:15 - 9:00	Arrival and Health Checks Free Choice Activities Individual Routines*
9:00 - 9:30	Morning Snack Free Choice Activities Individual Routines*
9:30 -10:15	Free Choice Activities Individual Routines* Special Planned Activities (Meeting, Art, Music, etc.)
10:15 -11:00	Outdoor Time (Weather Permitting*) Vigorous active play (indoors or outdoors)
11:00 -11:30	Free Choice Activities Individual Routines*
11:30 - 12:15	Lunch Clean Up and Prepare for Rest Time Individual Routines*
12:15 - 2:15	Rest Time Quiet Activity Time (non-nappers and early-risers) Individual Routines*
2:15 - 3:00	Outdoor Time (*Weather Permitting) Vigorous Active Play (indoors or outdoors)
3:00 – 4:00	Afternoon Snack Free Choice Activities Individual Routines*
4:00 – 5:45	Free Choice Activities Individual Routines* Special Planned Activities (Meeting, Art, Music, etc.) Departure

***Individual Routines** consists of diapering and/or toileting all day long when the child needs it. Diapers will be checked and/or changed every two hours.

***Weather Permitting:** All children go outdoors every day unless there is active precipitation. There is no bad weather, just bad clothing. When weather does not permit outside play, we use the gym or conduct an indoor gross motor activity.

***Free Choice Activities** consist of all children having access to all the activity areas and toys all day. Teachers will add activities and toys to help stimulate each child's development.