



*First Steps to a Lifetime of Learning*

## Children's Campus at Southpoint Room 5 Daily Schedule

7:15 – 9:00 am	Arrival and Health Checks <b>Free Choice Activities</b> Individual Routines *
9:00 – 9:30 am	<b>Morning Snack</b> Free Choice Activities Individual Routines *
9:30 – 10:15am	<b>Free Choice Activities</b> Individual Routines * Special Planned Activities (circle time, art, music, etc)
10:15 – 11:00 am	<b>Outdoor Time</b> (*weather permitting) Vigorous active play (indoors or outdoors)
11:00 – 11:45 am	<b>Free Choice Activities</b> Individual Routines *
11:45-12:30 pm	<b>Lunch</b> Clean up and prepare for rest time Individual Routines *
12:30-2:30 pm	<b>Rest Time</b> Quiet Activity Time (for non-nappers and early risers)
2:30-3:30 pm	<b>Afternoon Snack</b> Free Choice Activities Individual Routines *
3:30-4:15 pm	<b>Outdoor Time</b> (*weather permitting) Vigorous active play (indoors or outdoors)
4:15-5:45 pm	<b>Free Choice Activities</b> Individual Routines * Departure

**\*Individual Routines** consist 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 we use the gross motor room

**\*Free Play** consists 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