



### **SUMMER DAY RHYTHM**

8.30 am -10.30am	Outdoors play
9.30am -10.00am	Fruit time on the veranda
10.30am -10.45am	Foot wash
10.45am - 11.20am	Indoor play and activities
11.20am - 11.45am	Pack away and circle time
12.00pm - 12.30pm	Lunch (the younger group have lunch earlier)
12.40pm - 2.30pm	Rest/Sleep time
2.30pm - 3.00pm	Wake up
3.00pm - 3.45pm	Story time and afternoon tea
4.00pm - 5.00pm	Outdoors play
5.00am - 5.30pm	Indoors for late afternoon tea and table activities

### **WINTER DAY RHYTHM**

8.30 am -10.30am	Indoors play
9.30am -10.00am	Morning light meal (porridge and fruits)
10.30am -10.45am	Pack away and circle time
10.45am - 11.45am	Indoor play and activities
11.45am – 12.00pm	Foot wash
12.00pm - 12.30pm	Lunch (the younger group have lunch earlier)
12.40pm - 2.30pm	Rest/Sleep time
2.30pm - 3.00pm	Wake up
3.00pm - 3.45pm	Story time and afternoon tea
4.00pm - 4.45pm	Outdoors play
5.00am - 5.30pm	Indoors for late afternoon light meal and table activities