

Daily Schedule

Time	Activity	Description
6:00 AM– 8:30 AM	Arrival & Quiet Activities	Children ease into the day with calm play, books, puzzles, and relationship-building activities.
8:30 AM– 9:00 AM	Breakfast	A nutritious breakfast is served.
9:00 AM– 10:30 AM	Free-Choice Play & Learning Centers	Children explore dramatic play, blocks, sensory activities, science, math, literacy, and creative experiences.
10:30 AM– 10:45 AM	Morning Circle & Story Time	Music, movement, stories, conversations, and group experiences.
10:45 AM– 11:30 AM	Outdoor Play & Large-Motor Development	Outdoor movement and physical activities support gross-motor development.
11:30 AM– 12:00 PM	Lunch	A healthy, balanced lunch is served.
12:00 PM– 2:30 PM	Nap & Quiet Rest Time	Children have time to rest, relax, and recharge.
2:30 PM– 3:00 PM	Afternoon Snack	A nutritious afternoon snack is served.
3:00 PM– 3:45 PM	Outdoor Play & Large-Motor Activities	Children participate in outdoor movement and physical-development activities.
3:45 PM– 4:00 PM	Afternoon Circle & Story Time	Calm group reflection, conversation, and reading time.
4:00 PM– 5:30 PM	Free-Choice Play, Small Groups & Enrichment	Child-led and teacher-guided activities based on children's interests and developmental needs.
5:30 PM– 6:00 PM	Dinner	A balanced evening meal is served.
6:00 PM– 6:30 PM	Small Groups & Homework Support	Children participate in small-group activities, and school-age children receive homework support.
6:30 PM– 7:00 PM	Outdoor Play & Large-Motor Activities	Outdoor play and movement provide another opportunity for physical development.
7:00 PM– 8:30 PM	Free-Choice Play	Children choose from child-led play, learning centers, and quiet activities.
8:30 PM– 8:45 PM	Evening Snack	A light evening snack is served.
8:45 PM– 9:00 PM	Brush Teeth & Pajama Time	Children brush their teeth, change into pajamas, and prepare for rest.
9:00 PM– 10:00 PM	Evening Rest Time	Children who remain in care participate in quiet rest and bedtime routines.

Schedule Note: Our daily schedule serves as a flexible guide and may be adjusted to meet children's individual needs, interests, energy levels, and developmental stages. Infants follow individualized schedules based on their feeding, sleeping, and care needs.