

DAILY RHYTHM

EARLY CHILDHOOD

Our role as the adults is to hold the children with loving authority. We are here to support you in this work. Below, you will find a suggested daily rhythm which is similar to the rhythm of our school day together.

GOOD MORNING	WAKE AT THE SAME TIME EACH DAY
LET THE DAY BEGIN	BREAKFAST/WASH DISHES/BRUSH TEETH
PLAY	CREATIVE INDOOR PLAY/ARTISTIC ACTIVITY/ SINGING AND MOVEMENT
SNACK TIME	TIDY / SNACK / WASH DISHES
LET'S BE OUTDOORS	OUTSIDE PLAY / GARDENING / GO FOR WALKS IN THE NEIGHBORHOOD AND NATURE. NOTICE THE FIRST SIGNS OF SPRING TOGETHER.
LUNCHTIME	WASH UP FOR LUNCH / PREPARE LUNCH TOGETHER EAT LUNCH / WASH DISHES
REST TIME	SNUGGLES/READ BOOKS TOGETHER/TELL THEM ORAL STORIES
SNACK TIME	SNACK / WASH DISHES
LET'S BE OUTDOORS	OUTSIDE PLAY / GARDENING / GO FOR WALKS IN THE NEIGHBORHOOD AND NATURE.
PLAY AND DINNER	INDOOR PLAY / PREPARE DINNER / EAT DINNER
BEDTIME / SAME TIME	BEDTIME ROUTINE-KEEP A CONSISTENT BEDTIME