

# Nursery Room Daily Rhythm

Our Daily Rhythm is flexible and open to change due to weather, children's interests, individual needs and particular experiences planned for the day.

Children are encouraged to stop for routine water breaks throughout the day.

The children are also encouraged to re-apply sunscreen every 2 hours.

**7:30am:** Centre opens. Educators, Children and Families greet each other and exchange information. Children make the transition from home to the centre and begin self-directed play within the environment with Educators support.

**9:00am:** We offer both indoor and outdoor experiences to accommodate and embrace each child's individual needs and interests. Ongoing throughout the morning: Some children will need a nappy change with a trusted Educator other children are getting ready for their bottles or sleep. Children can join a morning group time where we also do our acknowledgment of country

**9:20am:** Morning tea is served.

**10:00am -11:00am:** Educators interact with the children in small groups. E.g. gardening, playing instruments, embracing literature and language, dancing and other interest based small group experiences. We like to do spontaneous visits to the big yard and front yard as well.

**11:30am:** Lunch is served.

**12:00pm:** Sleep/Rest: Most children will be ready for bed and need a familiar Educator to settle with and change their nappy. Other children will need a bit longer at quiet activities, a story or tea time before rest with others that have had a morning sleep.

**12:30pm:** Children who are awake engage in independent and teacher directed play while others settle to sleep.

**2:00pm:** Some children begin to wake and we move outside. As the children wake they may need a quiet moment with an educator, a cuddle and a chat. After a nappy change it is time for gradual afternoon tea. Self-help skills and hygiene practices are always reinforced. After afternoon tea some children will be getting ready for an afternoon sleep or engage in play.

**4:00pm onwards:** Begin to pack away outdoor environment, children are always encouraged to respect our environment and to help also.

**5:00pm:** We move over to the big yard/Dreamtime room to family group for the rest of the day.

**5:15pm:** Late afternoon tea for those that are hungry .

**6:00pm:** CENTRE CLOSES.