

# DAILY ROUTINE

Time	Routine / Activity
7.00am	<ul style="list-style-type: none"> <li>* Children arrive</li> <li>* Indoor Free Play in Playroom (family grouping)</li> <li>* Breakfast</li> </ul>
8.00am- 11.45am	<ul style="list-style-type: none"> <li>* Free Flow Program - doors open for indoor/outdoor play <i>UV index checked, appropriate sun safety measures to take place during all forms of outdoor play (re-apply sunscreen @9am, 10:40am, 2:30pm)</i></li> <li>* Progressive morning tea (1 table set with 1 educator, small group of children at a time using checklist to monitor all children's meals)</li> <li>* Yarning Circle/Honey Pot Time (Optional) (small group time incorporating activities planned for the day, date, weather, Acknowledgement to Country, colour, shape, number, letter etc.)</li> <li>* Munch and Move time (Optional)</li> <li>* Nappy Change</li> </ul>
11.45am	<ul style="list-style-type: none"> <li>* Tidy up play areas, routine transition - lunch and rest <i>Handwashing/toileting before lunch</i></li> </ul>
12.00pm	Lunch
12.30pm - 2.30pm	<ul style="list-style-type: none"> <li>Sleep time / Rest time/Relaxation time <u><i>(quiet activities offered for children who do not wish to sleep)</i></u></li> </ul>
2.30pm - 5.00pm	<ul style="list-style-type: none"> <li>* Wake Up Time (pack beds away, shoes and socks on, sunscreen re-application)</li> <li>* Nappy Change</li> <li>* Free flow, indoor/outdoor program</li> <li>* Progressive afternoon tea</li> <li>* Outdoor tidy-up with the children</li> </ul>
5.00 - 6.00pm	<ul style="list-style-type: none"> <li>* Late afternoon snack</li> <li>* Indoor activities in playroom (family grouping)</li> <li>* Indoor tidy up with children</li> <li>* Centre closed</li> </ul>

Note: This is a flexible routine and it is subject to change based on varying centre events, weather, children's needs or requests

**Nappy changes are conducted as needed and kept to a 3 hour check/change**