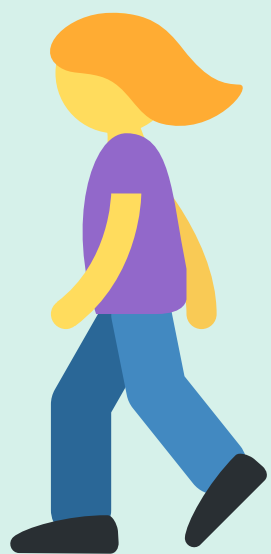
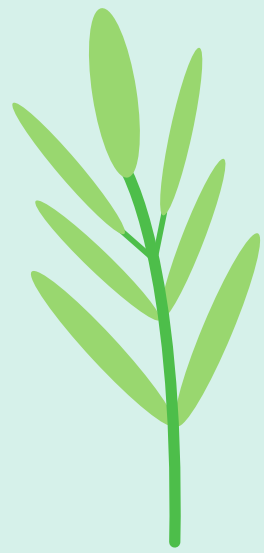




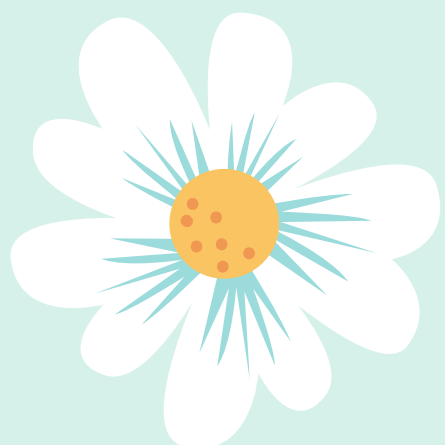
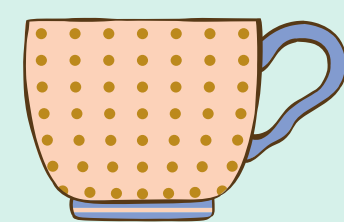
DAILY RHYTHM

OUR DAILY RHYTHM CHART



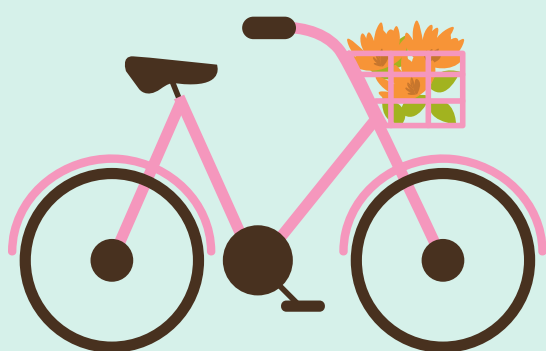
morning

- WAKE UP TIME!
- HAVE BREAKFAST
- MAKE BED
- BRUSH TEETH AND HAIR
- GET DRESSED
- GET READY FOR OUR MORNING WALK!
- GO FOR OUR WALK AND HAVE AN ADVENTURE!
- MORNING TEA TIME
- FREE PLAY AND/ OR MORNING ACTIVITY
 - PAINTING OR DRAWING
 - MUD KITCHEN
 - ECO CRAFTS OR BAKING
 - READING OUR BOOKS OR WRITING

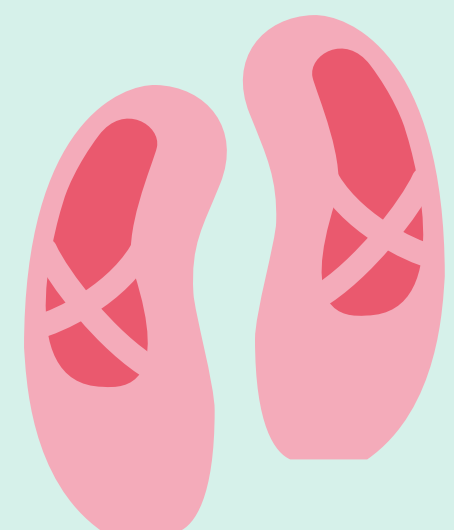


afternoon

- LUNCH TIME!
- CLEAN UP OUR LUNCH PLATES
- REST/ QUIET TIME
 - BEADING
- DRAWING OR LOOKING THROUGH OUR BOOKS
 - FRENCH KNITTING/ SEWING
 - LOOK THROUGH OUR PHOTO BOOKS



- AFTERNOON TEA TIME
- AFTERNOON FREE PLAY/ ACTIVITY
 - PLAY OUTSIDE
 - RIDE OUR SCOOTERS AND BIKES
 - GO FOR A WALK OR TO THE PARK
 - PLAY IN THE PLAYROOM
 - DO SOME DANCING



evening

- GET READY FOR DINNER
 - WASH OUR HANDS
 - SET THE TABLE
 - SAY GRACE
- ASK 'MAY I BE EXCUSED PLEASE?'
- PUT YOUR DISHES INTO THE SINK



- BATH OR SHOWER TIME
- JIMMIE JAMS
- FAMILY TIME/ DESSERT
- BRUSH TEETH
- BOOKS AND BED