



Early Years Weekly Activity Schedule

MONDAY

Creativity and
Aesthetic
Development

TUESDAY

Physical
Development
(SPORTS)

WEDNESDAY

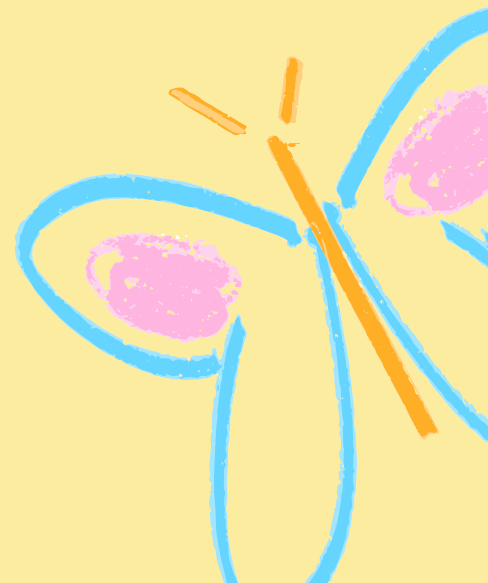
Nutrition
Development
(COOKING)

THURSDAY

Sensory and
Understanding of
the Surrounding
World
Development

FRIDAY

Language,
Communication
and Early
Literacy
Development





Early Years Timetable & Routine

7:30AM - 9:00AM	ARRIVAL & FREE PLAY <i>Children arrive and engage in free play, setting the tone for a day of exploration and socialization</i>	2:30PM - 3:30PM	SHOWER <i>Refreshing and essential for health and happiness.</i>
9:00AM - 9:30AM	BREAKFAST & MILK <i>A nutritious snack followed by a short break, giving children time to recharge</i>	3:30PM - 4:00PM	FREE PLAY <i>Time spent physical play and activities that promote health and well-being</i>
9:30AM - 10:15AM	QUIET TIME <i>A period for rest and relaxation, with stories to stimulate imagination and calm the mind</i>	4:00PM - 4:15PM	SNACK & MILK <i>A tasty break to refuel and recharge!</i>
10:15AM - 11:00AM	LET'S EXPLORE <i>Hands-on experiments and exploration activities that spark curiosity about the natural world and scientific concepts</i>	4:15PM - 4:30PM	FREE PLAY <i>A time for exploration, creativity, and fun!</i>
11:00AM - 11:15AM	DIAPER CHANGE <i>A routine change for hygiene and comfort.</i>	4:30PM - 5:00PM	QUIET TIME <i>A period for rest and relaxation, with stories to stimulate imagination and calm the mind</i>
11:15AM - 12:00PM	LUNCH & MILK <i>A balanced meal shared together, emphasizing healthy eating habits and social skills</i>	5:00PM - 6:30PM	DIAPER CHANGE & FREE PLAY <i>A fun way to move, groove, and express!</i>
12:00PM - 2:30PM	QUIET TIME <i>A period for rest and relaxation, with stories to stimulate imagination and calm the mind</i>	6:30PM	GOODBYE! <i>End of the program day, with children sharing their projects and experiences as they depart.</i>





Play School Timetable & Routine



7:30AM - 9:00AM	ARRIVAL & FREE PLAY <i>Children arrive and engage in free play, setting the tone for a day of exploration and socialization</i>	11:30PM - 12:00PM	LUNCH <i>A nutritious snack followed by a short break, giving children time to recharge</i>
9:00AM - 9:30AM	BREAKFAST & MILK <i>A nutritious snack followed by a short break, giving children time to recharge</i>	12:00PM - 2:30PM	QUIET TIME <i>A period for rest and relaxation, with stories to stimulate imagination and calm the mind</i>
9:30AM - 9:45AM	CIRCLE TIME <i>A time for greetings, sharing, and introducing the day's themes and activities, fostering a sense of community</i>	2:30PM - 3:30PM	SHOWER <i>Refreshing and essential for health and happiness.</i>
9:45AM - 10:30AM	LET'S EXPLORE <i>Focused sessions on literacy and numeracy, using interactive and personalized learning tools to engage every learner</i>	3:30PM - 4:30PM	MILK & LET'S EXPLORE <i>Dive into discovery and spark curiosity!</i>
10:30AM - 11:00AM	SNACK TIME <i>A quick, healthy snack to refuel and connect with friends.</i>	4:30PM - 5:00PM	HI-TEA <i>A delightful pause to enjoy treats and recharge.</i>
11:00AM - 11:15AM	DIAPER CHANGE <i>A routine change for hygiene and comfort.</i>	5:00PM - 6:30PM	DIAPER CHANGE & DANCE <i>A fun way to move, groove, and express!</i>
11:15AM - 11:30AM	LET'S EXPLORE <i>Hands-on experiments and exploration activities that spark curiosity about the natural world and scientific concepts</i>	6:30PM	GOODBYE! <i>End of the program day, with children sharing their projects and experiences as they depart.</i>

