

## Daily Rhythm and Activities

At the beginning of the year, we will begin our day with indoor play, followed by snack and then a long outdoor play period. As children become used to the nursery and weather permits, we will begin outside as well.

8:45-9:00 Arrival and free play. Shoes and coats, and lunches are placed at their spots in the foyer.

9:00-9:45 Inside play and daily activities such as vegetable peeling, preparing bread dough, drawing, painting, or seasonal crafts.

9:45-10:00 Clean-up time and circle with finger plays and whole body movement.

10:00-10:15 Washing hands and bathroom time. Children set their spots at the table.

10:15-10:45 Blessing, candle-lighting and snack time.

10:45-12:00 Outside time. May include hikes, gardening, fort-building or messier seasonal activities.

12:00-12:20 Come inside, remove shoes, hats, gloves, coats, etc. Story/puppet time.

12:20-12:45 Lunch and pick-up.

## *Weekly Activities*

Rhythm in the day and week provides security for the child and allows them to routinely imitate useful activities. We will establish our rhythm through our daily activities and seasonal stories and festivals. Our weekly activities are as follows, but may vary if there is a special seasonal celebration or birthday:

Monday: Carrot peeling (for snack) and watercolor painting.

Tuesday: Drawing

Wednesday: Apple chopping and bread baking

Thursday: Vegetable chopping for soup

## *Snacks*

A wholesome and warm snack will be served to your child each morning served with water from their own colored cup. Local and organic food serves the basis of each day's snack. Our snack time begins with each child setting their place at the table with their placemat, napkin, cup, bowl and spoon. After all children have washed hands, we light a candle and sing a blessing together.

Monday: Rice with tamari, raisins, and sunflower seeds. Fresh raw carrots are served on the side.

Tuesday: Oatmeal porridge with raisins, pumpkin seeds and cinnamon.

Wednesday: Homemade wholegrain bread with butter, almond butter, and fresh apples or homemade applesauce

Thursday: Vegetable soup and corn muffins.

