

After School Routine

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Information
1:30pm Homework Change Clothes	1:30pm Homework Change Clothes	1:30pm Homework Change Clothes	1:30pm Homework Change Clothes	1:30pm Homework Change Clothes	Homework: we help with homework but it would need to be checked by parents
2:00pm Free Play	2:00pm Free Play	2:00pm Free Play	2:00pm Free Play	2:00pm Free Play	Free Play: Children free to choose what they would like to play Trains/ Dress Up/ Blocks/Books/ Music/Puzzels/ Jigsaws and more
2:30pm Group activity or Homework for children arriving later	2:30pm Group activity or Homework for children arriving later	2:30pm Group activity or Homework for children arriving later	2:30pm Group activity or Homework for children arriving later	2:30pm Group activity or Homework for children arriving later	Activity: Art/sand play/sensory play/yoga/ dance,etc
3:00pm Wash Hands Snack Free Play	3:00pm Wash Hands Snack Free Play	3:00pm Wash Hands Snack Free Play	3:00pm Wash Hands Snack Free Play	3:00pm Wash Hands Snack Free Play	Wash Hands/ Snack. Snack:fruit, Yogurt, cheese, rice cakes,Ham Whole Grain Bread,etc.
4:00pm Activity Sand Play/ Building Blocks	4:00pm Activity: Art/ Sensory Play	4:00pm Activity Lego Challenges	4:00pm Activity Group Activities (Dance,yoga,etc)	4:00pm Activity Lego and Bock Challenges	Activity: Playing as a group.
5:00pm Wash hands Snack	5:00pm Wash hands Snack	5:00pm Wash hands Snack	5:00pm Wash hands Snack	5:00pm Wash hands Snack	Another snack if children are hungry
5.15pm Reading in cosy corner	5.15pm Reading in cosy corner	5.15pm Reading in cosy corner	5.15pm Reading in cosy corner	5.15pm Reading in cosy corner	Story Time: Children can pick own book to read and teacher will read to the class in the cozy corner
5:45pm Meditation Calming Music Mindfulness	5:45pm Meditation Calming Music Mindfulness	5:45pm Meditation Calming Music Mindfulness	5:345m Meditation Calming Music Mindfulness	5:45pm Meditation Calming Music Mindfulness	Relaxation before going home