

## WEEKLY ROUTINE

TIME	MONDAY	TUESDAY	WEDNESAY	THURSDAY	FRIDAY
<b>08:45 – 09:25</b>	Arrival, roll & Free play				
<b>12:00 – 12:40</b>	Helping hands, Daily activities, Calendar, Weather				
<b>09:25 – 09:30</b>					
<b>12:40 – 12:45</b>					
<b>09:30 – 09:40</b>			<b>Yoga movement break</b>		
<b>12:45 – 12:55</b>					
<b>09:40 – 10:10</b>	Our News	Cutting skills / shapes& colours/ creative freedom	Ceol Step into music programme	Literacy/numeracy	Dancing / Dress-up /Birthday celebration
<b>12:55 – 13:25</b>					
<b>10:10- 10:30</b>			<b>Outdoor play / Indoor physical activity</b>		
<b>13:25 – 13:45</b>					
<b>10:30 – 11:00</b>	Circle Time/ group discussion	Circle Time/group discussion	Arts & Crafts	Arts & Crafts	Art Appreciation <b>or</b> Games & Activities <b>or</b> Science and nature <b>or</b> Emergent Interest
<b>13:45 – 14:15</b>					
<b>11:00 – 11:10</b>			<b>Mindfulness quiet break</b>		
<b>14:15 – 14:25</b>					
<b>11:10 – 11:30</b>			<b>SNACK TIME</b>		
<b>14:25 – 14:45</b>					
<b>11:30 – 11:40</b>	Songs & Rhymes	Story Time	Songs & Rhymes	Story Time	Story Time
<b>14:45 – 14:55</b>					
<b>11:40 – 11:45</b>	Prepare for home				
<b>14:55 – 15:00</b>					

- This timetable is to be used as a general guideline for planning purposes.
- Any of the time slots can be substituted for outdoor activities depending on the weather and or children's emerging interests.
- Times within each time slot may also vary depending on the needs of the children.
- Children are given the opportunity to choose the sequence of daily activities.