

## Kindergarten Daily Rhythm:



8:20-8:30 - Drop-off/ get dressed for nature walk/bathroom visit

8:30-9:15 - Nature walk (daily - please dress for the weather)

9:15-9:30 - Circle (songs/movement)

9:30-9:40 - Bathroom/wash-up

9:40-10:10 - Snack -

Monday is rice day

Tuesday is oatmeal

Wednesday is a fruit snack

Thursday is quinoa

Friday is millet

On Monday please send in a few pieces of fruit to share with the class we will be supplementing our grain snack with fruit.

10:10- 10:50 - Interactive Plays

10:50-11:00 - Clean-up

11:00-11:30 - Daily Activity

Monday is drawing and story

Tuesday is painting

Wednesday soup and story

Thursday is craft/handwork day

Friday bread day, beeswax and a story

11:30-11:40 - Rest time then wash-up

11:40-12:10 - Lunch

12:10-12:30 - Recess