

Heroes Daily Routine

Time	Activity Taking Place
7:30 – 8:20	Free play in Rolos
8:20 – 8:50	Wash hands, breakfast in Rolos
8:50 – 9:20	Register, day board, self-registration, rules, circle time
9:20 – 9:50	Free play, table top activities, snack time
9:50 – 10:40	Focus time, child-initiated play, outdoor play
10:40 – 11:00	Stories, singing
11:00 – 11:40	Wash hands, lunchtime
11:40 – 12pm	Story time
12pm-1pm	Quiet time activities, table top activities
1pm – 1:20	Register, rules, circle time
1:20 – 2pm	Snack time, free play
2pm – 2:40	Focus time, child-initiated play, outdoor play
2:40 – 2:50	Story time, wash hands
2:50 – 3:30	Tea time
3:30 – 4pm	TV time
4pm – 6pm	Getting ready for home time, table top activities, stories, quiet activities, outdoor play