

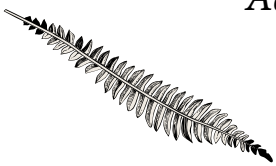


winter daily rhythm



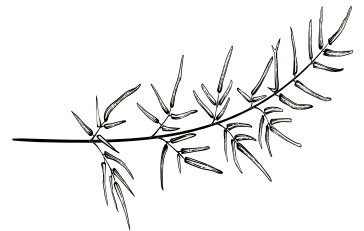
winter activities

- Daily walks
- Imaginary play
- Puddle stomping
- Cooking, baking
(and shopping together)
- Winter nature crafts
- Snowy sensory bins
- Puzzle, matching games
- Library
- Park
- Natural Bridges
- Marine Discovery center
- Aquarium



daily routine

- 7AM | Wake up, get dressed, make beds
- 8AM | Breakfast, brush teeth, wash up
- 9AM | Bible story, prayers, tidy up
- 10AM | Outing 
- 11AM | Activity
- 12PM | Lunch, wash hands/face
- 1PM | Rest time
- 3PM | Outing or outside free play
- 5PM | Dinner
- 6PM | Bath time, brush teeth, pjs
- 630PM | Snuggles (reading, talking), sleep



reminders

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN