

# The Rhythm

## of Our Day

### Sr. Toddler Room

06:30 AM	Children Arrive, Free Exploration & Snack
09:30 AM	Morning Meeting/Outdoor Exploration
11:30 AM	Lunch Transition
12:30 PM	Nap (Quiet) Period Begins
2:30 PM	Snack Transition
3:00 PM	Outdoor Exploration, Children Departure
All Day	Play Happens!

This schedule is flexible and can be altered to address children's needs and interests.

Children go outdoors daily, except in unsafe weather conditions.