

Daily Routine for Children's House/Kindergarten

People thrive with consistent routines. Think about your own daily needs and routines and try to blend them with your child's needed routine. The routine below is adapted from the children's daily lives at school and can easily be adapted to homelife with a little planning. Please note that this is a routine, not a strict schedule.

8:00 - 9:00 Daily Preparation

- Continue morning routine as usual: get up, get dressed, gather for breakfast (child can help choose breakfast and set the table, we want to foster as much independence as possible)

9:00 - 11:00 Work Time

- Set intentions for the day (for whole family)
 - Put into place a visual that indicates an adult is not available during work moments
- At-home work block
- Independent work time (parents work from home, children work at their own activities)
 - Artwork, puzzles, blocks, independent playtime, books, music or songs, dancing, etc....

11:00 - 12:00 Lunch Time

- Prep lunch together
- Eat lunch together at a communal table
- Tidy up after lunchtime

12:00 - 12:30 Physical activities/outdoors (at least 30 minutes)

12:30 - 2:00 Quiet time/Work Time

- Nap time/resting time
- Quiet activities

2:00 - 5:30

- Snack
- Physical Activities (outdoors for 30 minutes) parents and children playing together as a group
- Independent Work & Duties (Chores)
- Prepping for dinner

5:30 - 6:30

- Eating together at a communal table
- Tidying up after dinner

6:30 - 7:30

- Normal bedtime routine