



Daily Routine

8am-9am: Breakfast

9am-10am: rhyme time followed by purposeful play

10am: Snack time

10:30am-11:30am: purposeful play

11:30am-12:30pm: Lunch time

12:30pm-2pm: sleep/ quiet time

2pm-3pm: purposeful play

3pm-4pm: Tea time

4pm-6pm: purposeful play

Please note that this is a guide to a typical day at Sunbeams, we base our education on child interests, which may lead to flexibility in routine. However routine is important and gives children a sense of direction and allows them to feel secure.

*Purposeful play is again aimed to meet children as individuals so this term is broad and can range from child to adult initiated play, roleplay to mark making, indoor and outdoor play, please liaise with your child's key worker daily to find out the specific type of play your child has been engaged in. Additional to this a record of your child's interests will be available at the end of each day on individual daily diary sheets.

