

## A typical day in Grasshoppers...

### 7:45 - 9:00

We welcome our Grasshoppers and then sit down to a healthy breakfast of toast or cereal. Then it's free play and the children are encouraged to choose sensory play for the day.

### 9:00 - 9:15

We join the Crickets to 'Shake our sillies out' with an action song and some music and movement. Then it's Circle time where we use songs to learn about the days of the week, the weather and also encourage the children to help count themselves. We encourage early health and hygiene to clean our teeth with our own toothbrushes.

### 9:15 - 9:55

The children join in with creative activities such as painting, sticking or playdough and the staff use this time to carry out key worker activities.

### 10:00 - 10:30

Snack time is a chance to enjoy a variety fresh fruit and chat about the day. As the children become more confident they use this time to tell us about what they do at home.

### 10:30 - 11:00

Story time is in our comfy book corner. We also use puppets and other aids to encourage the children to take part in our story telling. We continue with key worker activities either on a 1:1 basis or in smaller groups.

### 11:00 - 11:40

Outdoor play! We have many activities to choose from, and also a big open space for the children to run around freely and safely. The children are beginning to dress themselves or help the Staff find their coats and shoes on their pegs.

### 11:45 - 12:00

Singing time with the Bumblebee Room, building on relationships ready for the transition to the next room.

### 12:00

Before lunch the children wash their hands and find their photo on their chair to sit down. They are encouraged to help dish up their own lunch after singing the 'please and thank you' song! This is a lovely time for the children to engage in social interactions with their peers and the Staff.

### 12:30 - 1:30

After lunch it's sleep or rest time in our cosy sleep room and for those going home we get ready to end the morning session.

## 2:30

Having just woken up feeling refreshed, the children enjoy a cup of milk and discuss the afternoon's activities.

## 3:00 - 4:00

Time for free play and the key workers carry out focused activities both indoor and outdoor. Now it's tidy up time before singing with the Crickets exploring musical instruments.

## 4:00 - 4:30

Tea time! This will either be sitting at the table or having a picnic on the floor and in the warmer weather we will have tea in the garden. We make the most of this very social time to talk about the day and what we have enjoyed or would do differently.

## 4:30 - 6:00

Weather permitting the children will go outside after tea, or when the evenings are dark we have free play inside whilst parents arrive and talk about their child's day.