



# Alta Children's Center

## Daily Schedule

- 8:30 Meet and greet as we get to know each other with fun interactive manipulative toys.
- 9:15 Healthy morning snack with milk**
- 9:30 Large group time, Singing & Dancing
- 10:00 Free play choices including Creative Arts, Dramatic Play, Science Exploration, Block & Gross Motor Play.
- 11:15 Clean up time & Wash hands
- 11:30 Nutritious Lunch of whole grains, low fat protein, Fruit & Vegetables. Served with milk or water option.**
- 12:15 Picture Books & Quiet music
- 12:30 Nap or Rest Time. Board Games for older children
- 2:30 Healthy afternoon snack with milk**
- 3:00 Large Group time, Singing & Dancing
- 3:30 Free play choices including Creative Arts, Dramatic Play, Science Exploration, Block & Gross Motor Play.
- 4:15 Clean up time & Wash hands
- 4:30 Farewell, Auf Wiedersehn, Goodbye