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| **2023-24 Rhythm** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8:00-8:40****Children arrive & help with snack prep, cleaning toys, and laundry** | Snip green onion & cilantroFold laundryClean toy food & dishes | Make playdough, (grind rice flour or make butter on days we don’t make playdough)Fold laundrySand and clean little & big blocks (adults can sanitize magnets at same time) | Bake bread, cut soup veggies and add to soup pot at tableFold laundryClean trucks, trains, & wooden animals | Make pancakes (before children arrive)Prep paints for FridayFold laundryClean doll house furniture | Peel & slice applesAssemble crisp & whip creamFold laundryClean big items in classroom |
| **8:40-9:00 Morning Story Circle** | Morning SongJob ReviewSeasonal/Nature Story & Beeswax | Morning SongJob ReviewBlock Story | Morning SongJob ReviewBlock Story | Morning SongJob ReviewBlock Story | Morning SongJob ReviewSammy and Sophie or behavioral story |
| **9:00-9:50 Indoor Play** | We can help children sew, finish crafts, and prep table for activity | We can help children sew, finish crafts, and prep table for activity | We can help children sew, finish crafts, and prep table for activity | We can help children sew, finish crafts, and prep table for activity | We can help children sew, finish crafts, and prep table for activity\*\*End at 9:40 for Paint Story |
| **Clean up and Daily Activity****9:50-10:20** | Musical Instruments | Playdough | Drawing | Sewing or Seasonal craft | Painting |
| **Snack Circle** **Fingerplay****Handwashing** | Finger Play | Finger Play | Finger Play | Finger Play | Finger Play |
| **Snack**10:30-10:50 | Yellow Rice | Yogurt withFruit (warm months) or Millet Bars and Bananas (cold months) | Soup and Bread | Pancakes with Butter and Syrup | Fruit Crisp with Whipped Cream (occasionally) |
| **Bathroom Break (children read books on rug with one of us upstairs while some go to the bathroom the other. Then wash hands in the kitchen.)** |
| **Outdoor Play** |  |  |  |  |  |
| **Movement Circle** | Bean Bags | Block Circle | Block Circle | Block Circle | Yoga |
| **Morning children go home 12:00-12:30****Lunch, Bathroom, Storybook, Lullaby & Rest Time**  |
| **Afternoon Snack** | Bananas and almond or peanut butter | Hummus/Avocado Spread with veggies and plantain chips | Cheese and crackers & apples | Boiled eggs & oranges | String cheese, nuts, and dried fruit |
| **2:45/3:00-3:30 Outdoor Play****3:30 Children go home** |