

**\*Room Schedules:**

**Daily Schedule – Yellow Room**

	<b>Wake up</b>	Eat breakfast and get dressed
9.00 – 10.00	<b>Morning walk</b>	Family walk, Discuss what you can see on your walk, look up in trees, take a bag and collect any natural materials you may find.
10- 10.30	<b>Morning tea</b>	Light snack and some water, encourage children to do things themselves, unwrap cheese etc.
10.30- 10.45	<b>Music</b>	Singing and dancing. Utilise any puppets u may have in the house. Use any instruments you may have in the house.
10.45- 11.30	<b>Self selection</b>	Examples of this may include building with blocks, train tracks, dolls house, pretend play, puzzles, encourage children to have a go. You can model how to stack, push together or pull apart. Constantly talking with your child about what you are doing.
11.30	<b>Lunch</b>	Have a well-balanced nutritional meal, where possible involve the child in the preparation of lunch.
12.00	<b>Sleep/Rest</b>	Share a story with your child before sleep, asking them “What can you see?” in the book
1.00 – 2.30	<b>Quiet time</b>	Reading, puzzles and drawing
2.30	<b>Afternoon tea</b>	A light snack and some water, encourage the children to do things themselves, eg bite into the apple, use a spoon for yogurt
3.00 – 4.00	<b>Sensory play</b>	<ul style="list-style-type: none"> <li>• Playdough</li> </ul>
		<ul style="list-style-type: none"> <li>• Water play (small amount of water in a container with small scoops or spoons)</li> <li>• Shaving cream- spray some on table or bench, support children to touch feel and spread it around. When finished it wipes up with water and a sponge</li> </ul>
4.00 – 5.00	<b>Outdoor play</b>	Climbing, running, swinging or bike riding Water play, painting.
5.00 – 6.00	<b>Dinner</b>	Have a well-balanced nutritional meal
6.00 – 6.30	<b>Relaxation</b>	Bath time and story time
7.00pm	<b>Bedtime</b>	Sleep Well!

- Throughout the day, support children to use the potty or toilet and encourage good hand washing procedures before and after meals and after toileting or nappy changes.
- Support children to try and do things for themselves, eg find their hat to go outside, put their plate in the kitchen when finished meals and undressing/dressing themselves before going to bed.
- Always talk to your child about what they are doing. Ask them what they can see, and try to make that conversation ongoing through back and forth discussion.

## Daily Schedule – Red Room

<b>9.00-10.00</b>	<b>Wake up</b>	Eat breakfast and get dressed
<b>10.00-11.00</b>	<b>Morning Indoor play</b>	Indoor play with indoor games/ reading books, puzzles
<b>11:00-12:00</b>	<b>Outdoor play</b>	Outdoor play in the backyard (jumping, running, walking)
<b>12:00-12:30</b>	<b>Lunch time</b>	Have a well-balanced nutritional meal/water
<b>12.30-2:00</b>	<b>Rest/sleep</b>	Have quiet rest time with reading books/ yoga Read book before sleep
<b>12.30 – 2.00</b>	<b>Quiet time</b>	Reading, puzzles and drawing, Sleep after lunch
<b>2.00-3.00</b>	<b>Afternoon snack time</b>	Have a healthy and nutritious snack
<b>3.00-4.30</b>	<b>Outdoor play</b>	Climbing, running, swinging, bike riding, ball games
<b>4.30-5.30</b>	<b>Indoor play</b>	Play dough, writing, drawing
<b>5.30-6.00</b>	<b>Dinner</b>	Have a well-balanced nutritional meal
<b>6.00 – 6.30</b>	<b>Relaxation</b>	Bath time and story time
<b>7.00pm</b>	<b>Bedtime</b>	Sleep Well!

## Daily Schedule – Green Room

Before 9.00 am	<b>Wake up/Breakfast</b>	Eat breakfast and get dressed. Help tidy bedroom and wash dishes together.
9.00 – 10.00	<b>Morning walk</b>	Family walk or indoor yoga/dance (if raining)
10.00 – 11.00	<b>Shared learning Time</b>	Games – snap, memory games, noughts and crosses. Counting, cookery, playdough.
11.00-11.30	<b>Shared Story Time</b>	Share books together, make up stories together, look at picture books and talk about what you can see together. Ask your children questions about the story.
11.30 – 12.00	<b>Lunch</b>	Wash hands, wipe down tables, set the table together. Have a well-balanced nutritional meal
12.00-1.00	<b>Helping out</b>	Wash dishes from lunch. Sort washing into colour piles Looking after pets, cleaning windows
1.00 – 2.30	<b>Quiet time</b>	Reading, puzzles, drawing, lego and construction toys.
2.30-3.30	<b>Creative Time</b>	Finger paints, collage with magazines, music, singing
3.30-4.00	<b>Shared Learning Time</b>	Ipad/Online – educational games, songs
4.00 – 5.00	<b>Outdoor play</b>	Climbing, running, swinging, bike riding, ball games
5.00 – 6.00	<b>Dinner</b>	Wash hands, wipe down tables, set the table together Have a well-balanced nutritional meal
6.00 – 6.30	<b>Relaxation</b>	Bath time and story time
7.00pm	<b>Bedtime</b>	Sleep well!

### \*\*Useful sites for supporting home learning:

[Play-based learning for pre-schoolers](#) – provides suggestions for good structured and unstructured play experiences for 3 – 5 year olds

[How to build literacy skills from birth to year 2](#) – includes tips on how to help build children's skills in speaking, listening, reading and writing

[How to build numeracy skills from birth to year 2](#) – includes tips on how to build children's skills in maths, measurement and patterns

[Building STEM skills for children](#) – includes ways to engage children with STEM related experiences.

[Raising Children Network](#) - has a range of learning activities for pre-schoolers. It includes tips and ideas as well as videos of drawing, writing, storytelling, counting and other activities that can be done at home.

[UNICEF's How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#) - talking to children about COVID-19

DET Fuse – Early Childhood - <https://fuse.education.vic.gov.au/EarlyChildHood> - resources for learning and fun. Explore featured resources, discover topics and get creative with digital tools.