|  |  |  |
| --- | --- | --- |
| Time | **Day** | **Activity** |
| Beginning of the day | planning time for the day and setting the scene |  |
| Morning | Class check-ins & PRAYER |  |
| indoor play |  |
| songs to get the wriggles out |  |
| morning snack break |  |
| Mid-morning | outdoor play |  |
| story time |  |
| Lunch | lunch and outside time and exercise |  |
| Afternoon | relaxation |  |
| free choice activity/play |  |
| story time |  |
| educataional programs |  |
| reflection on the day and needs for tomorrowOPPORTUNITIES FOR MEDITATION/PRAYER |  |

Times can be adjusted to suit you, your child and the needs of the school

All hyperlinks to Learning Resources listed in this document on the CESA website are preceded by **www.cesa.catholic.edu.au/learning-online/learning-resources/**