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| Time | **Day** | **Activity** |
| Beginning of the day | planning time for the day  and setting the scene | Set the scene for the day and plan it with your child.  What are they expecting? What are they looking forward to?  [prior-to-school/useful-links-for-families](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/useful-links-for-families) |
| Morning | Class check-ins & PRAYER | Check in with the educator and/or school, and maintain a connection. |
| indoor play | There are many examples of indoor structured play to be found  on the CESA website, such as:  [prior-to-school/imaginative-play](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/imaginative-play) |
| songs to get the wriggles out | Songs to get the wriggles out |
| morning snack break | Look for learning in snack time, such as how can making sandwiches help children develop problem solving and experimentation skills?  [prior-to-school/making-sandwiches](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/making-sandwiches) |
| Mid-morning | outdoor play | There are many outdoor learning activities on the CESA website such as:  how can i record the distance something travels?  [prior-to-school/measuring-distance](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/measuring-distance) |
| story time | Read aloud or be read to |
| Lunch | lunch and outside time and exercise | What can we learn about science when we are cooking?  In having lunch, look for learning opportunities  [prior-to-school/cooking-is-science](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/cooking-is-science) |
| Afternoon | relaxation | Listen to music, do yoga  <https://www.youtube.com/user/cosmickidsyoga> |
| free choice activity/play | Activities such as exercise, art and craft, music, dance, or imaginative play |
| story time | Read aloud or be read to |
| educataional programs | Programs such as playschool can be found on ABC kids  [prior-to-school/useful-links-for-families](https://www.cesa.catholic.edu.au/learning-online/learning-resources/prior-to-school/useful-links-for-families) |
| reflection on the day and  needs for tomorrow  opportunity for meditation/prayer | What was your favourite thing today?  What did you enjoy?  What are you looking forward to tomorrow? |

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/**