



## 1. Morning Routine

- 07:30 a.m. **WAKE UP**
- 07:45 a.m. **GET READY**
- 07:55 a.m. **EXERCISE**
- 08:00 a.m. **BREAKFAST**
- 09:00 a.m. **INDOOR GROSS MOTOR**
- 10:30 a.m. **SNACK**
- 11:30 a.m. **INDOOR ACTIVITIES**



## 2. Afternoon Routine

- 12:30 p.m. **LUNCH PREP & LUNCH**
- 01:30 p.m. **NAP TIME**
- 03:00 p.m. **SNACK**
- 03:40 p.m. **INDOOR GROSS MOTOR**
- 05:00 p.m. **TODDLER ACTIVITIES**



## 3. Evening Routine

- 06:30 p.m. **DINNER PREP**
- 07:00 p.m. **DINNER**
- 07:30 p.m. **TODDLER ACTIVITIES**
- 08:00 p.m. **BATH TIME**
- 08:30 p.m. **BEDTIME STORY**
- 08:45 p.m. **GOODNIGHT!**



## Must-Do

### DAILY ACTIVITIES

#### MUSIC & DANCING

- 1. Exercise & Dance
- 2. Nursery Rhymes

#### GROSS MOTOR

- 1. Jumping Couch
- 2. Walking, running
- 3. Balcony or window

#### FINE MOTOR & SENSORY

- 1. Sensory bins
- 2. Digging in a pot at home
- 3. Painting on the window

#### PRACTICAL LIFE

- 1. Planting seeds in a pot
- 2. Setting Table
- 3. Pouring Station

#### SIMPLE MATH

- 1. Count and sort.
- 2. Shape sorters
- 3. What size is it?.

#### LANGUAGE & LITERACY

- 1. Spring Poems
- 2. First Books Time
- 3. Reading together

#### ART & DIY

- 1. Drawing/Painting
- 2. Easter Crafts
- 3. Flower arrangement

## Quick & Easy

## TODDLER MEAL IDEAS

### BREAKFAST < 5 MIN

- 1. Oatmeal
- 2. Oatmeal Pancakes
- 3. Scrambled Eggs

### LUNCH < 20 MIN

- 1. Meatball Soup
- 2. Chicken Soup
- 3. Egg Sandwich

### DINNER < 15 MIN

- 1. Chicken & Potatoes
- 2. Salmon & Potatoes
- 3. Oatmeal