

JUNE 2020

Date *JUNE, 21st, 2020*

Toddler Daily SCHEDULE

1. Morning Routine

06:30 AM	WAKE UP & GET READY
06:45 AM	MORNING EXERCISE
07:00 AM	BREAKFAST PREP & BREAKFAST
08:00 AM	OUTDOOR ACTIVITIES (BEACH) & EXERC
10:00 AM	SNACK, OUTDOOR/ INDOOR ACTIVITIES,
11:30 AM	NAPTME

2. Afternoon Routine

01:30 PM	LUNCH PREP & LUNCH
02:30 PM	TODDLER ACTIVITIES
03:30 PM	SNACK
04:00 PM	INDOOR & OUTDOOR ACTIVITIES/ RUN E

3. Evening Routine

06:00 PM	DINNER PREP & DINNER
07:00 PM	EVENING ACTIVITIES/ WALK/ BEACH
08:00 PM	BATH TIME
08:30 PM	BEDTIME STORY & GOOD NIGHT

TODDLER MEAL IDEAS

BREAKFAST

Oatmeal/ Oatmeal pan



LUNCH

Chicken Soup



DINNER

Salmon Risotto

Must-Do

DAILY ACTIVITIES

MUSIC & DANCING

Exercise & Dance
Nursery Rhymes

GROSS MOTOR

Walking, running, jumping
Bike, ball, playground
Hopscotch, Chasing Bubbles, Backyard

PRACTICAL LIFE

Self-care, brushing teeth, dressing up
Cooking, helping with groceries, helping
Setting table, sorting cutlery, gardening

FINE MOTOR & SENSORY

Painting outdoors, coloring Pages, writir
Sensory bins & bags (indoor & outdoor)
Playdough time, digging in soil, sand

ART & DIY

Drawing/Painting Outdoor
Easy paper crafts
Puppet show, shadow theatre, exhibitor

SIMPLE MATH

Count and sort
Measurement, comparison
Shape sorters

LANGUAGE & LITERACY

Alphabet tunnel, line up
Story time, poems, first books
Writing letters, shopping lists