

# Woodhaven Daily Rhythm

*This is a general guideline. We are not focused so much on the times as we are the sequence of the events, the rhythms of our days. We will do things in the same order each day so the children have consistency and know what to expect.*

**9:00 am Arrival/Table Activity**  
(coloring, painting, bread kneading)  
**9:20 am Circle/Mindfulness**  
(Music, verse & movement)  
**9:30 am Free Play/Craft Activity**  
(Inside or Front Forest)  
**10:30 am Snack**  
**11:00 am Free Play in the Back Forest**  
**12:00 pm Story (oral story, play, puppet show)**  
Squirrel Nutkin snack & Sharing Time  
**12:30 pm Lunch at the Picnic Tables**  
**12:50 pm Families Arrive**  
Goodbye Songs & Announcements  
**1:00 pm Go Home**

2021-2022