

THE STARFISH ACADEMY

DAILY PROGRAMME

Daily Routine for Children Aged 1.5 to 3 Years

6:30 AM - 8:00 AM: Arrival and Morning Free Play

Parents drop off children and settle them in.

Free playtime with age-appropriate toys and activities.

Diaper changes and toilet training as needed.

8:00 AM - 8:30 AM: Breakfast

Nutritious and age-appropriate breakfast served in a group setting.

Encourage self-feeding skills.

8:30 AM - 9:00 AM: Diaper Changes, and Potty Training

Diaper changes and encourage potty training as needed.

9:00 AM - 9:30 AM: Morning Circle Time

Group activities such as songs, stories, and discussions.

Introduction to basic concepts like colours, shapes, and numbers.

9:30 AM - 10:00 AM: Morning Snack

A healthy snack provided.

Promote self-feeding skills as appropriate.

10:00 AM - 11:30 AM: Learning and Play Centers

Rotating centers with activities like art, sensory play, puzzles, and building.

Teacher-guided and independent play.

11:30 AM - 12:00 PM: Lunch

Nutritious and age-appropriate lunch served in a group setting.

Encourage self-feeding skills.

12:00 PM - 2:00 PM: Nap and Quiet Time

Provide a quiet and comfortable nap environment.

Children who do not nap can engage in quiet activities.

2:00 PM - 2:30 PM: Wake-Up, Diaper Changes, and Potty Training

Gently wake children from naptime.

Diaper changes and encourage potty training as needed.

2:30 PM - 3:30 PM: Afternoon Snack

A small, healthy snack provided.

Promote self-feeding skills as appropriate.

3:30 PM - 4:00 PM: Outdoor Play or Gross Motor Activities

Weather permitting, outdoor playtime.

Indoor gross motor activities in case of bad weather.

4:00 PM - 5:00 PM: Learning Centers and Free Play

More opportunities for structured activities and free play.

Teacher-guided and independent play.

5:00 PM - 5:30 PM: Evening Activities and Preparation for Departure

Quiet activities, music, or stories to wind down.

Parents arrive for pickup.

Please be aware that children will have bathroom breaks and nappy changes as needed throughout the day; this is just an outline of the schedule.