

# THE STARFISH ACADEMY

## DAILY PROGRAMME

### Daily Routine for Children Aged 4 to 6 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.

Greet and engage with teachers and peers.

#### **8:00 AM - 8:30 AM: Breakfast**

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

Encourage self-feeding and table manners.

#### **8:30 AM - 9:30 AM: Morning Circle Time**

Group activities such as discussions, songs, and stories.

Introduction to early literacy and math concepts.

#### **9:30 AM - 10:30 AM: Learning Centers and Structured Activities**

Rotating centers including reading, art, science, and math activities.

Teacher-guided and independent activities.

#### **10:30 – 11:00 AM: Snack Time**

#### **11:00 AM - 12:00 AM: Outdoor Play or Gross Motor Activities**

Active playtime in the outdoor playground or gymnasium.

Develop gross motor skills and social interaction.

#### **12:00 AM - 12:45 PM: Lunch**

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

Encourage self-feeding and social skills.

#### **12:45 PM - 2:30 PM: Rest Time and Quiet Activities**

A quiet and comfortable rest time for those who need it.

Quiet activities such as reading or puzzles for those who do not nap.

#### **2:30 PM - 3:30 PM: Afternoon Learning and Creativity**

Engage in themed activities, projects, and creative arts.

Foster imagination, creativity, and critical thinking.

#### **3:30 PM - 4:00 PM: Afternoon Snack**

A small, healthy snack provided.

Promote self-feeding and healthy eating habits.

#### **4:00 PM - 5:00 PM: Outdoor Play or Structured Games**

More outdoor play or structured group games.

Enhance physical fitness and teamwork.

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

Quiet activities, stories, or creative projects.

Parents arrive for pickup.

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