

# Daily Curriculum for Kidz Den DayCare Centre (Ages 1–7)

## 9:00 AM – 10:00 AM: Arrival & Free Play

- Greet children and parents
- Self-directed play with toys, puzzles, books
- Sensory bins or quiet corner activities
- Soft music to ease transition

## 10:00 AM – 10:30 AM: Morning Circle Time

- Welcome song
- Calendar and weather discussion
- Theme of the day (e.g. animals, colors, emotions)
- Storytime or fingerplays
- Social skills: greetings, turn-taking

## 10:30 AM – 11:00 AM: Snack Time

- Handwashing routine
- Healthy snack (fruit, crackers, milk)
- Social conversation encouraged

## 11:00 AM – 12:00 Noon: Learning Activities (Themed)

**Structured activities based on weekly themes:**

- **Monday:** Literacy (storytelling, phonics, picture books)
- **Tuesday:** Math & Numbers (counting, shapes, sorting)
- **Wednesday:** Science & Nature (plants, weather, animals)
- **Thursday:** Arts & Crafts (painting, coloring, gluing)
- **Friday:** Music & Movement (instruments, dancing, yoga)

## 12:00 Noon – 12:45 PM: Outdoor Play / Gross Motor Skills

- Playground play, trampoline, ball games, swing & slides, see-saw
- Organized games (e.g., follow the leader, obstacle course)

### 🕒 12:45 PM – 1:30 PM: Circle Time / Story & Music

- Focused group activity: storytime, songs, puppets
- Calm breathing exercises or mindfulness for older kids

### 🕒 1:30 PM – 2:30 PM: Lunch

- Healthy, balanced meal
- Emphasis on manners and independence

### 🕒 2:30 PM – 4:00 PM: Nap / Quiet Time

- Lights dimmed, soft music
- Books or soft toys for non-nappers

### 🕒 4:00 PM – 4:30 PM: Creative Play / Music & Movement

- Rotating activity stations (blocks, dramatic play, sensory table)
- Educators facilitate and guide interactions
- Dancing, musical chairs & Group games: animal yoga, scavenger hunt

### 🕒 4:30 PM – 5:00 PM: Free Play & Pick-up

- Relaxed activities
- Quiet reading corner, drawing, soft toys
- Parent pickup and handover updates