



skæmxist sncæmiltn Aboriginal Head Start General Rhythm

The rhythm is flexible to meet the individual needs of each child. Everything is done in the same order, but the times will vary day to day. Each classroom will have their own rhythm based on their current group needs. Toileting/ diapering will occur before and after a transition and as needed



Rhythm Information

Free Flow

- The classroom door is open to the outside, and children can flow in and out of the classroom.
- Dependent on the weather and ratio

Open Meals

- Where children can choose when they come to the table
- They are given a last call before the meal closes

Rolling Nap

- Children being taken to nap 1 by 1 or in small groups

(I/T) Morning Nap

- Children that have two naps will sleep based on their schedule at home
- Subject to the individual needs of the day

7:30	Drop off Free play Free flow (I/T) Morning nap
8:00	Begin open breakfast or Free flow
9:20	Last call for breakfast
9:45	Breakfast closes
10:00	(3-5) Gathering Time (I/T) Transition outside
10:30	(3-5) Transition to outside
11:00	Drop off cut off
11:15	Transition inside
11:30	Lunch is served (I/T) Begin rolling nap
1:00	(3-5) Begin rolling nap
3:00	(3-5) Nap ends
3:00	Begin open snack Free play/free flow

