



# The Sprouts

at A Child's University Smithfield

7:30 to 9:00

## Morning Free Centers

Handwashing Upon Arrival and Diapering

9:00 to 9:30

## Hand Washing / Morning Snack

9:30 to 10:00

## Outdoor Play

Weather Permitting

10:00 to 10:30

## Child Directed Learning Centers

10:30 to 11:00

## Diaper Changes / Center Play

11:00 to 11:15

## Circle Time

11:15 to 12:00

## Hand Washing / Lunch / Diaper Changes Done if Needed

12:00 to 2:30

## Nap / Rest

Diaper Changes As Children Wake

2:00 to 2:30

## Cot Clean Up / Table Toys

2:30 to 3:00

## Hand Washing / Afternoon Snack / Potty Round

2:30 to 3:00

## Hand Washing / Cleaning Up from Afternoon Snack

3:30 to 4:00

## Outdoor Play

Weather Permitting

4:00

## Diaper Changes Done if Needed / Center Play

4:15 to 4:45

## Free Play

4:45 to 5:00

## Quiet Activities

each activity includes ample time for the children to transition to the next activity