



# Little Dreamers

(6 weeks ~ 12 months)

## Daily Schedule

Schedule	Activity	Focus
6:00 AM - 7:00 AM	Arrival/Welcome Parents	Welcome child and parent/teacher interaction
7:00 AM - 8:00 AM	Breakfast/Morning Activities	Food for energy, greet friends for new day
8:00 AM - 8:30 AM	Tummy Time	Build strong muscles for holding head up and pushing up to all fours in preparation for crawling
8:30 AM - 9:00 AM	Baby Sign Language/Language Cognition	Build toward language understanding, connecting language concepts and communication
9:00 AM - 9:30 AM	Sensory/Exploration Activities	Build nerve connections in the brain's pathway allowing the ability for complex learning tasks
9:30 AM - 10:00 AM	Outside (weather permitting) / Music and Movement	Explore sights/sounds of nature or exploring sounds and movement through music
10:00 AM - 11:00 AM	Fine Motor/Art Activities	Strengthen fine motor muscles for improved grasp and encourage creativity through self-expression
11:00 AM - 11:30 AM	Lunch	Food for energy and building strong nutrition
11:30 AM - 12:30 PM	Story Time/Social Emotional	Exposure to sounds, words and language, stimulate imagination and curiosity
12:30 PM - 2:30 PM	Nap Time/Quiet Time	Rest to replenish energy and improve mood
2:30 PM - 3:00 PM	Outside (weather permitting) / Gross Motor Activity	Promote brain development, explore sights and sounds of nature, release energy through play
3:00 PM - 3:30 PM	Snack	Food for energy and building strong nutrition
3:30 PM - 4:00 PM	Sensory/Exploration Activities	Build nerve connections in the brain's pathway allowing the ability for complex learning tasks
4:00 PM - 4:30 PM	Music and Movement	Explore sounds and movement through music to improve memory, cognitive development, learning skills and expressive ability
4:30 PM - 5:00 PM	Story Time	Promotes brain development, ability to focus, concentration and social and communication skills
5:00 PM - 5:30 PM	Gross Motor Activities	Boosts confidence and self-esteem while encouraging physical literacy and stress release
5:30 PM - 6:00 PM	Tummy Time	Encourages development of strong neck and shoulder muscles for improved motor skills
6:00 PM - 6:30 PM	Parent Pick-up	Goodbyes and parent/teacher interaction

