



## **DAILY ACTIVITY ROUTINE**

STORY / CONVERSATION	THEME - read a book or talk about something specific (space, fairies, road safety, vehicles, the Gruffalo, Fruit and shapes, Transport, seasons of the year, the Circus, the Beach, professions, animals and where they live, continents, etc.)
ART	Create something related to the theme picked or the book read. Use a box, paint, glue, collage, stickers, stamps, sticks, nature elements, etc. It can also be a science activity
ROLE PLAY	Pretend play or acting games. If we read a book they can pretend they are the characters of the book, create new ones, create new scenarios, etc. Road safety we can play stop and go games, pretend to be different vehicles big and small, etc.
SNACK	Let them help you prepare their own snack, talk about healthy eating and balanced diets.
FINE MOTOR	Quiet activity to be prepared while they eat their snack. Puzzle, anything using fine motor tools, sensory bin, playdough, water play, etc. Something simple, without instructions, free play in a prepared environment.
MESSY PLAY	Any activity that allows the kids to freely explore different types of material, textures, colours... wet or dry to promote curiosity, communication, thinking, problem-solving, coordination and figuring things out. (paint, sensory bins, science activities, etc.)
MOVE	Music, movement, yoga, exercise, games... Jump, crawl, freezing game, musical statues, find colours and shapes around the house, throw teddies in a box, etc.
PRACTICAL LIFE	Children will become more independent and feel helpful and useful when they can help with the chores at home. Emptying the dishwasher, hanging up the clothes, setting up the table for dinner, help making dinner, putting the clothes away, etc. will also improve their self-esteem, confidence and sense of belonging.



**Discovery Playtime**  
learning through play

THEME	
STORY / CONVERSATION	
ART	
ROLE PLAY	
FINE MOTOR	
MESSY PLAY / SCIENCE	
MOVE	
PRACTICAL LIFE	