

# The routine and daily flow

at Seedling Nursery

8:00 am	Arrival time, breakfast and free play (toast and a selection of cereals)
8:45 - 9:15 am	Soft play in our gym area
9:20 am	Circle time
9:35 am	Free play, garden and focussed activities (see Tapestry)
10:00 - 10:20 am	Snack time (fruit and savoury biscuit)
10:20 - 11.30 am	Focussed activities
11:30 - 12:00 pm	Lunch (see menu)
12:15 - 2:00 pm	Main sleep time (for our younger babies a mid morning nap may be necessary)
12:15 - 2:00 pm	Quiet activities
1:00 pm	Pick up time for some children/Welcome pm children
2:00 - 2:45 pm	Snack time (fruit and savoury biscuit)
2:45 - 3:45 pm	Free play, garden, focussed activity and outings
4:00 - 4:20 pm	Afternoon tea (see menu)
4:20 - 5:00 pm	Free play
5:00 - 6:00 pm	Garden play (side gate pick up)
6:00 pm	Home time and close



Laura  
Hazel  
Gaby  
Cintia  
Sandra



# Seeds Room Team

