

Daily Routine

1-3 Years Early Experiences Program Week 1

Monday

Active Play

Exercises:

Star jumps, squats, push ups.

Exercise helps your child to be physically active, promoting health and fitness, strength and coordination and encourages mental focus throughout the day.

Morning Outdoor/Active

Yoga

Equipment needed: Carpet area or mat, Cosmic Kids Yoga YouTube

Yoga assists your child's flexibility your child's flexibility and core strength as well as emotional well-being and calm.

Morning Tea

Late Morning Indoor Play

Colour Sorting – Sort the clothes pegs by colour (or socks, buttons, blocks)

Equipment needed: Assorted loose items

Sorting and classifying supports children thinking skills required for problem solving. Try sorting in different groups – first colour, then size.

Lunch

Rest/Quiet Activity

Audio Book

Equipment needed iPad/Tablet, or device can play audio

This calming and relaxing experience supports listening and concentration and encourages imagination through imagery.

Afternoon Tea

Afternoon

Obstacle course

Equipment needed: Assorted household items to navigate around, under, over and through

This encourages spatial awareness, how to move their bodies and positional language.

Late Afternoon

Reading

Equipment needed: Books

Stories and books are crucial for encouraging early literacy and pre-reading skills. Books should be read every day.

Daily Routine

1-3 Years Early Experiences Program Week 1

Tuesday

Active Play

Exercises:

Running races

Exercise helps your child to be physically active promoting health and fitness, strength and coordination and encourages mental focus through the day.

Morning Outdoor/Active

Backyard Exploring:

Collect leaves, look for birds and insects

This helps to connect your child with their community whilst getting some fresh air. Nature has a calming effect on children and the leaves can lead to further exploration.

Morning Tea

Late Morning Indoor Play

[Collage using the collected items from backyard](#)

Equipment needed: Paper, glue, brush

Collage supports children's sequencing skills as well as allowing for individual creativity.

Lunch

Rest/Quiet Activity

Cloud spotting

Equipment needed: Blanket to lie on

The experience allows children to rest and relax use their imagination and is a bonding experience for you and your child.

Afternoon Tea

Afternoon

Blanket Fort

Equipment needed: Blankets, sheets, dining chairs, pegs

Dramatic play encourages imagination and language skills. It also promoted problem solving and team work to design and build the fort.

Late Afternoon

Reading

Equipment needed: Books

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Daily Routine

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Wednesday

Active Play

Exercises – Stair climb

Equipment needed: Stairs or step up box

Exercise helps your child to be physically active promoting health and fitness, strength and coordination and encourages mental focus throughout the day.

Morning Outdoor/Active

Hopscotch

Equipment needed: Chalk

Hopscotch supports fundamental movement skills, hand/eye coordination and early numeracy skills.

Morning Tea

Late Morning Indoor Play

Water colour painting

Equipment needed: Water and food dye brushes or toothbrushes or cotton tips

Painting allows for children to express their thoughts and creativity through art whilst also developing fine motor, pre-writing skills.

Lunch

Rest/Quiet Activity

Free Drawing

Equipment needed: Pencils or crayons, paper

Drawing encourages expression and creativity. It promotes relaxation as well as fine motor control required for writing.

Afternoon Tea

Afternoon

Sensory Play

Equipment needed: Sand & water

Sensory experiences are a way for children to express their creativity, their emotions (frustration, anger, anxiety) and are a calming and relaxing exercise.

Late Afternoon

Reading

Equipment needed: Book

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Daily Routine

1-3 Years Early Experiences Program Week 1

Thursday

Active Play

Exercises

Stretches, touch toes, waist bands

Exercise helps your child to be physically active promoting health and fitness strength and coordination and encourages mental focus throughout the day

Morning Outdoor/Active

Ball Games – bouncing, catching, kicking, rolling

Equipment needed: Balls

Ball games provide opportunities for children to practise hand/eye or foot/eye coordination. Practice with different sized balls and toys.

Morning Tea

Late Morning Indoor Play

Drawing self portraits

Equipment needed: Pencil, paper, mirror

Portraits are a way to support children's self-concept and identity as well as self-expression and creativity.

Lunch

Rest/Quiet Activity

Threading

Equipment needed: String, items with holes (buttons, straw, penne pasta)

This encourages fine motor and hand-eye coordination, required for pre-writing. Concentration and creativity are also supported.

Afternoon Tea

Afternoon

Treasure Hunt

Equipment needed: Toy to be hidden, descriptive clues to find it e.g. behind the door

This encourages children to interpret and follow verbal instructions and also increase memory and concentration skills.

Late Afternoon

Reading

Equipment needed: Books

Stories and books are crucial for encouraging early literacy and pre-reading skills. Books should be read everyday.

Daily Routine

1-3 Years Early Experiences Program Week 1

Friday

Active Play

Exercises

Follow the leader (actions – jumping, running on the spot).

Exercise helps your child to be physically active promoting health and fitness, strength and coordination and encourages mental focus throughout the day.

Morning Outdoor/Active

Dancing to music

Equipment needed: Music player

Dancing allows for self-expression and creativity. It encourages listening and imagination and introduces music concepts such as rhythm and tempo.

Morning Tea

Late Morning Indoor Play

Create your own story

Equipment needed: Parent to scribe child's story

Story writing encourages children's pre-literacy skills, to use language and imagination to recall events to create new ideas.

Lunch

Rest/Quiet Activity

Playdough

Follow our recipe [here!](#)

Sensory experiences are a way for children to express their creativity, their emotions (frustration, anger, anxiety) and are a calming and relaxing exercise.

Afternoon Tea

Afternoon

Dressing Up

Equipment needed: Costumes, parents clothes and shoes

Dramatic play helps the child to develop their self-concept and identity by exploring others identities.

Late Afternoon

Reading

Equipment needed: Books

Stories and books are crucial for encouraging early literacy and pre-reading skills. Books should be read everyday.