

# NATURE IMMERSION WEEKLY RHYTHM

7:45am	<b>EDUCATOR ARRIVAL AND PREP</b> Ms. Solange, Ms. Lisa, Ms. Sydney
8:30am-9:00 am	<b>BEFORE CARE</b> Ms. Lisa
9:00am	<b>DROP OFF</b> Ms. Sydney, Ms. Solange, Ms. Lisa
9:00am-9:40am	<b>FREE EXPLORATION GARDENING &amp; SENSORY EXPERIENCES</b> Ms. Sydney, Ms. Solange, Ms. Lisa
9:45am-10:00am	<b>MORNING MEETING</b> Ms. Sydney, Ms. Lisa
10:00am- 10:20am	<b>WASH HANDS &amp; SNACK</b> Ms. Sydney, Ms. Solange
10:20am- 11:00am	<b>CHOICE CENTERS &amp; ATELIER BATHROOM BREAKS</b> Ms. Solange, Ms. Sydney, Ms. Lisa
11:00am-11:50am	<b>FREE EXPLORATION &amp; FOOD PREP</b> Ms. Solange, Ms. Lisa, Ms. Sydney
11:50am-12:00pm	<b>GOODBYE CIRCLE</b> Ms. Sydney, Ms. Solange
12:00pm-12:30pm	<b>LUNCH</b> Ms. Sydney
12:30pm- 1:00pm	<b>YOGA &amp; MINDFULNESS</b> Ms. Sydney
1:00pm-2:30pm	<b>NAP TIME</b> Ms. Lisa <b>NON-NAPPERS ACTIVITY</b> Ms. Solange
2:30pm- 3:20pm	<b>BATHROOM BREAKS SNACK &amp; FREE EXPLORATION</b> Ms. Solange, Ms. Lisa
3:20pm- 3:30pm	<b>CLEAN UP GOODBYE CIRCLE</b> Ms. Sydney, Ms. Lisa, Ms. Solange

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