

DAILY CURRICULUM FOR

Kidz Den

DAY CARE CENTRE



AGES 1-7



9:00 AM – 10:00 AM Arrival & Free Play

- Greet children and parents
- Self-directed play with toys, puzzles, books
- Sensory bins or quiet corner activities
- Soft music to ease transition



10:00 AM – 10:30 AM Morning Circle Time

- Welcome song
- Calendar and weather discussion
- Theme of the day (e.g. animals, colors, emotions)
- Storytime or fingerplays
- Social skills: greetings, turn-taking



10:30 AM – 11:00 AM Snack Time

- Handwashing routine
- Healthy snack (fruit, crackers, milk)
- Social conversation encouraged



11:00 AM – 12:00 Noon Learning Activities (Themed)

Structured activities based on weekly themes:

- Monday: Literacy (storytelling, phonics, picture books)
- Tuesday: Math & Numbers (counting, shapes, sorting)
- Wednesday: Science & Nature (plants, weather, animals)
- Thursday: Arts & Crafts (painting, coloring, gluing)
- Friday: Music & Movement (instruments, dancing, yoga)



12:00 Noon – 12:45 PM Outdoor Play / Gross Motor Skills

- Playground play, trampoline, ball games, swing & slides, see-saw
- Organized games (e.g., follow the leader, obstacle course)



12:45 PM – 1:30 PM Circle Time / Story & Music

- Focused group activity: storytime, songs, puppets
- Calm breathing exercises or mindfulness for older kids



1:30 PM – 2:30 PM Lunch

- Healthy, balanced meal
- Emphasis on manners and independence



2:30 PM – 4:00 PM Nap / Quiet Time

- Lights dimmed, soft music
- Books or soft toys for non-nappers



4:00 PM – 4:30 PM Creative Play / Music & Movement

- Rotating activity stations (blocks, dramatic play, sensory table)
- Educators facilitate and guide interactions
- Dancing, musical chairs & Group games: animal yoga, scavenger hunt



4:30 PM – 5:00 PM Free Play & Pick-up

- Relaxed activities
- Quiet reading corner, drawing, soft toys
- Parent pickup and handover updates