

Lion Cubs daily routine

7.30am – 9am :- Breakfast & free play

9am – 11.45am Morning :-

Free play, Creative, Sensory, Rolling snack, Sleep time, Story / Singing, Baby yoga, Outside freeflow

11.45am – 12.30pm :- Lunch

12.30pm – 3.30pm Afternoon :-

Sleep, Free play, Creative, Sensory, Rolling snack, Story / singing, outside freeflow, Mindfulness moment

3.30pm – 6pm :- Tea & free play

Nappy changes

9am

11am

3pm

Going home check

Regular checks throughout the day

