

## Monkey & Hippo daily routine

**7.30am – 9am :- Breakfast & free play**

**9am – 11.20am Morning :-**

**Free play, Creative, Sensory, Rolling snack, Stories / singing, Outside freeflow, Playground**

**11.20am – 11.45am :- Yoga / mindfulness / Hippo group time**

**11.45am – 12.30pm :- Lunch**

**12.30pm – 3.00pm Afternoon :-**

**Sleep, Free play, Creative, Sensory, Rolling snack, Stories / singing, Outside freeflow, Playground**

**3.30pm – 3.45pm :- Yoga / mindfulness / Hippo group time**

**3.45pm – 6pm :- Tea & free play**

## Nappy changes

**9am**

**11am**

**12:30pm- Sleep checks**

**3pm**

**Going home check**

