

At the Village Preschool Rhythm is one of the foundational blocks of our work. We strive to create and maintain a healthy continuous rhythm throughout the year which helps the children feel held and foster growth and development in a very holistic way.

**Daily Rhythm:**

- 8:30-8:45 Arrival and drop off time
- 8:30-9:45 Morning activity and outside work and play, weather permitting
- 9:45-10:05 Transition (tidy away) and ring time
- 10:05-10:30 Wash hands and snack
- 10:30-11:00 Clean up and free play
- 11:00-12:00 Morning walk
- 12:00-12:30 Outside Lunch (if weather permits)
- 12:30-1:00 Clean up after lunch
- 1:00-1:15 Tidy away, pick up time, good byes
- Afternoon group arrives
- Transition for nap time
- 1:15-2:30 Nap time or free play for children who do not nap
- 2:30-3:00 transition for afternoon snack
- 3:00-3:30 afternoon snack
- 3:30-5:00 free play
- gardening
- afternoon walks

**Weekly Rhythm:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Colors</b>	Blue or purple	Red	Yellow	Orange	Green
<b>Activities</b>	Painting	Baking and Roasting	Seasonal Activities	Seasonal Activities	Clean and Prepare for Monday
<b>Grains we cook</b>	Rice	Oats	Millet	Quinoa	Rice
<b>Grains we wash and soak</b>	Oats nuts and seeds	Millet	Quinoa oats grinding	Rice	corn grinding

\*\*\*Each day we will prepare vegetable and beans or lentils to accompany the grain

\*\*\*Children chop and peel vegetables and fruit for lunch, sweep, and wash dishes every morning

