

## BEST PRACTICE RESOURCE SAMPLE

### Sample Plan of Activities

High quality child care includes planned activities appropriate for each child's age, interests and abilities. Children do best with routines and a balance of activities that allows for quiet and active play, indoor and outdoor activities, and the opportunity to play with others and play alone. The following is a sample of what a typical day might look like.

7:00 to 9:00 AM	Arrival time: set out a few quiet activities that children can move to without much direction as they arrive. This gives you the opportunity to talk with parents or assist school aged children get ready for school.
9:00 to 10:00 AM	Continue with free or unstructured play and introduce either a craft or game that you participate in as well.
10:00 to 10:30 AM	Tidy up, have snack and maybe a story.
10:30 to 11:30 AM	Outdoor activity, weather permitting. Active indoor play if too cold or wet to go outside. Active play might include action songs and games, indoors or outside.
11:30 AM to 12:30 PM	Tidy up, wash up and have lunch.
12:30 to 2:30 PM	Quiet time, starting with a story or soothing music. A nap for the younger children and possibly art, painting or play dough for non sleepers.
2:30 to 3:00 PM	Wake up the sleepers, clean up and have a snack.
3:00 to 3:30 PM	Circle time with songs, games and stories.
3:30 PM to pick up time	Free or unstructured play indoors or outside if weather permits.

While being flexible to account for individual needs is important, planning activities and keeping to a routine helps the day go by more smoothly. Children know what to expect and that there is enough variety to keep the day interesting.

It is sometimes useful to have a few 'special' activities for those days when everyone is feeling a little out of sorts. Have two or three different games or activities that you bring out once in a while. This could include things like a special type of building block or a tub with fancy scissors, markers and glitter glue.

For those days when everyone has too much energy, set up an obstacle course with tables, chairs and blankets or bring out some beach balls for a little bit of rolling, bouncing and throwing indoors.

These ideas are from '*Home Child Care: A Caregivers Guide*' by Lee Dunster. There is a whole chapter on planning children's activities, including ideas for activities 'when cabin fever strikes'.