



Darling Dolphins Childcare DAILY SCHEDULE

**Please note that times and activities may vary slightly based on the needs of the children and the flow of the day.*

7:00 AM — 8:00 AM — ARRIVAL & GREETING

Children arrive, put away their belongings, wash hands, and join the morning activities.

8:00 AM — 8:30 AM — FREE PLAY & EXPLORATION

Children explore themed play areas such as blocks, dramatic play, art, books, and sensory bins at their own pace.

8:30 AM — 9:15 AM — BREAKFAST TIME/ INFANT NAPS

We enjoy a family-style healthy, balanced breakfast and practice table manners & self-help skills.

9:15 AM — 9:45 AM — MORNING CIRCLE TIME

We come together for songs, stories, calendar, weather, and a fun group activity to start our learning theme for the day.

9:45 AM — 10:30 AM — OUTDOOR PLAY OR GROSS MOTOR ACTIVITIES

Children enjoy fresh air and open space while running, climbing, blowing bubbles, drawing with chalk & exploring nature.

10:30 AM — 11:15 AM — ART & CREATIVE EXPRESSION

We dive into open-ended art projects using paint, glue, scissors, stamps, & more — encouraging creativity and fine motor skills.

11:15 AM — 11:30 AM — STORY TIME & LANGUAGE DEVELOPMENT

A calm moment before lunch to read books together, build vocabulary, & encourage a love of stories.

11:30 PM — 1:30 PM — REST OR QUIET TIME

Children nap or rest quietly with soft music and sound machines

1:30 pm — 2 PM — LUNCH TIME

A nutritious, home-style meal is served. Children are encouraged to try new foods & develop independence.

2:30 PM — 3:00 PM MUSIC & MOVEMENT

Time for dancing, instruments, movement games, or yoga.

3:00 PM — 3:15 PM — SNACK TIME/ INFANT NAPS

We enjoy a light snack together and talk about afternoon plans.

2:45 PM — 3:15 PM FREE CHOICE LEARNING

Targeted learning time with puzzles, matching games, sensory play, early math or literacy games, & one-on-one time, science, dramatic play, math games, etc.

3:15 PM — 4:30 PM — OUTDOOR PLAY OR GROSS MOTOR ACTIVITIES

More time for movement — tossing balls, tunnel time, & playing games

4:30 PM — 5:00 PM — TABLE ACTIVITIES & REFLECTION

We reflect on our day, share what we enjoyed, sing a goodbye song & prepare for pickup.

5:00 PM — DEPARTURES