

# Penguins | Outline day plan



In Penguins, the children's own routines is what drives the day and the timings. This plan shows how and when key parts of the day usually unfold, but it is 100% flexible based on the children's needs. The green spaces in the timetable represents times when a rich continuous provision is on offer, with a range of resources linking to different areas of learning.

	Strand 1	Strand 2	Strand 3
7:30	Green	Activity 1	Green
7:45			
8:00	Morning Sleepers		
8:15			
8:30	Morning Snack		
8:45			
9:00		Bottles and Weaning	
9:15			
9:30	Green	Activity 2	
9:45	Focused nappy changing		
10:00	Green	Lunch in two groups for solid eaters	Outside play
10:15	Lunchtime sleep		
10:30			
10:45			
11:00			
11:15	Bottles	Rainbow Room: Soft play, climbing and rolling	
11:30	Lunchtime sleep <i>nappy change on waking...</i>		
11:45			
12:00			
12:15			
12:30			
12:45			
1:00	Bottles and Weaning	Afternoon snack	
1:15			
1:30	Green	Activities 3 and then... 4	
1:45			
2:00	Focused nappy changing and change clothes		
2:15			
2:30	Afternoon sleepers	Outside to the garden	
2:45			
3:00	Green	Stories, number rhymes and songs	
3:15			
3:30	Green	Going home... feedback to parents	
3:45			
4:00			
4:15			