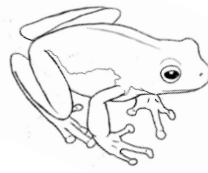




Rainbow

Day Plan and Timetables

Autumn 2022



Frogs Day Outline Plan

This is a loose outline for the day. Staff organise the day flexibly and respond to children's needs dynamically.

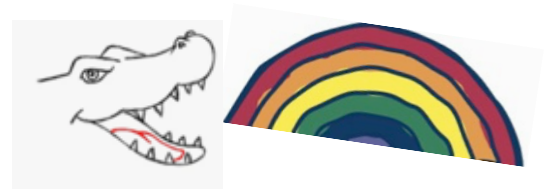
- From 7:30 **Free Play on the carpet and Adult led activity...**
- 8:10 – 8:40 **Activity 1** (Story, Music or Fine Motor Activity)
- 8:00 – 9:00 Sleepers at one side of the classroom & **Rainbow Room** (nonsleepers)
- 8:45 – 9:20 Snack on offer
- 9:30 – 10:15 Nappy changes (sleepers when waking up)
- 9:30 – 11:00 **Free play and Adult led Activity**
- 9:45 – 11:00 **Activity 2** (Messy, Sensory Play or Garden)
- 11:00 – 12:00 Circle Time, Lunch and then sleep
- 13:00 – 15:00** **Wake up, Nappy change**
- 13:05 – 14:00 Optional Rainbow Room or Garden **Activity 3**
- 2:00 – 4:00** **Free Play and choosing from activities**
- 2:00 – 2:30 **Activity 4** (Sensory Play, Art or Music)
- 2:30 – 3:15 Afternoon Snack
- 3:40 – 4:00 Optional Rainbow Room
- From 3:15 Changing nappies and getting ready for going home
- 4:00 – 4:30 Story or music time on one carpet, Free play continues

Pandas Day Plan



- 7:30 - 8:15 - **Activity 1** on the Rug | *Fine motor, Shape, Space, Number development*
- **Marking Making** in activity area
- 8:30 – 11:15 - Garden open and free play opportunities available
- 7:45 – 8:40 - Small groups to join Crocodiles in the Sunshine room for music and dance
- 8:15 – 9:30 - Sleepers at the back half of the class
- 8:45 - 9:45 - Snack on offer
- 8:45 - 9:20 - Sunshine room in small groups
- 9:45- 11:00 **Free play and Adult led activities:**
- 9:45 – 11:00 – Nappy changes gradually in colour groups
- 9:45 – 10:45 - **Activity 2** – Painting or messy play, Table top or Floor
- 10:00 – 11:00 - **Activity 3** - Sensory Play , in the green frog - Garden
- 11:00 - 11:15 - **Circle time**
Red & **Blue** in the classroom and
Yellow & **Green** in the Sunshine Room
- 11:15 – 11:35 – **Red** and **Blue** – Lunch, and then sleep
- **Yellow** and **Green** – Garden | **Activity 4** – Focused play with outside toys
- 11:35 ish - - **Yellow** and **Green** Lunch, then Sleep
- From 2:00** - **Wake up, Nappy change and choosing:**
- 2:00 – 3:15 - Afternoon Snack on offer
- 2:00 – 3:50 - Outside open, and children can flow in and out
- 2:30 – 3:30 - **Activity 5** – Outside | Physical development
- 3:15 – 3:50 - **Activity 6** – Table top Activity (Adult Led)
- 3:50 – 4:00 - Tidy up time outside
- 4:05 – 4:30 Story Time in the cosy corner for children who want, free play inside continues

Crocodiles Day Plan



7:30 – 8:50 Choosing and playing | Classroom with garden from 8:30

7:45 – 8:45 **Activity 1 - Music/Dance** in the Sunshine Room - *Flow in and Out* (Pandas can join)

8:55 – 9:00 Morning meeting

	Red	Blue	Green	Yellow
9:00 – 9:30	Snack ... then Freeplay – classroom with Activity 2 - Categorising		Garden Activity 3 – Physical Development	
9:30 – 10:00	Garden Activity 3 – Physical Development		Snack ... then Freeplay – classroom with Activity 2 - Categorising	

10:00 – 11:05 NAPPY CHANGING by Colour Group (Green, Red, Blue, Yellow)

10:00 – 11:15 Choosing from Outside, **Activity 4 - Painting, Activity 5 - sensory activity**, role play & rug areas

Activity 6: Focus activity in the Sunshine Room		Activity 6: Focus activity in the Sunshine Room	
10:20 – 10:40	Red Group	10:20 – 10:40	Blue Group
10:40 – 11:00	Green Group	10:40 – 11:00	Yellow Group

	Red	Blue	Green	Yellow
11:05	Circle Time		Outside Play - Activity 7 – exploring outside + 11:15 – 11:40 - Cooking Activity [groups of 5 ch.]	
11:20	Lunch		Circle Time	
11:45	Sleep (2-3 hours)		Lunch	
By 12:05 ish			Sleep (2-3 hours)	

Waking up gradually from 1:45 ish; on waking up choose from:

Cooking in the Mitbachon	
2:10 – 2:40	Groups of 5 – 8 children, for around 20 at a time

Afternoon snack (as children wake), Playdough table, outside play and carpets as spaces becoming free

2:45 – The following are added to choose from:

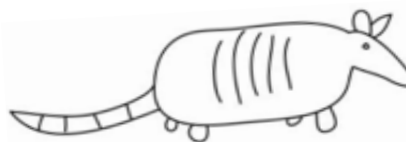
- **Activity 8 – Fine motor or Construction** on main carpet
- **Activity 9 – Small world adult-initiated** play – small world rug
- **Activity 10 – Craft or Skills – at the tables** (from 3pm)

3:50 – **TIDY UP TIME** ;-)

4:00 – Goodbye song, Story time and play baskets on rugs



Armadillos Day Plan



7:30 – 9:00 Choosing and playing from learning stations in the classroom

8:50 – 9:00 Morning meeting Classroom

	Red	Blue	Green	Yellow
9:00 – 9:20	Free Play & Choosing		Garden	
9:20 – 9:40	Snack then Free Play			
9:40 – 10:00	Garden		Snack then free play	
10:00 – 10:15			Free Play & Choosing	

Rotation	Red	Blue	Green	Yellow
10:15 – 10:30	Maths/Science	Music/language	Cooking	Art
10:30 – 10:45	Music/language	Maths/Science	Art	Cooking
10:45 – 11:00	Cooking	Art	Maths/Science	Music/language
11:00 – 11:15	Art	Cooking	Music/language	Maths/Science

	Red	Blue
11:15 – 11:30	Circle Time	
11:30 – 11:50	Lunch	
12:00 onwards	Rest and Sleep	

	Green	Yellow
11:15 – 11:40	Garden	
11:40 – 11:55	Circle time	
11:55 – 12:20	Lunch	
12:20 onwards	Rest and sleep	

From around 1:45 ish

For all children: As they wake up choose from: Snack, classroom learning stations, garden
Nappy change on waking

3:00 – 3:40

Rainbow Room for 2 colour groups, Choosing from learning stations in the classroom, Flow in/out painting activity

Rainbow Room Rota	Sun	Mon	Tue	Wed	Thurs
3:00 – 3:20	Green	Blue	Green	Blue	Whoever wants
3:20 – 3:40	Red	Yellow	Red	Yellow	Whoever wants

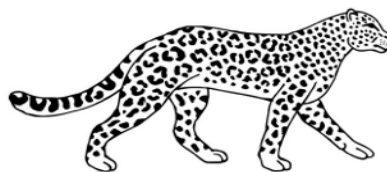
3:45 – Getting on shoes, wet bags and ready to go home

4:00 – Children playing on 3 rugs, and being called to go downstairs

4:15 – To the lobby and choosing books

Key: **Nappy changing and toileting**

Leopards Day Plan



	Children choose from: <i>children can go up and down with adult support</i>	
7:30 – 8:30	Coming in, self-registration, name cards and choosing from tables and carpets	
8:30 – 9:00	Garden	Classroom; learning stations PLUS snack
9:00 – 9:15	Morning meeting on large carpet	

9:15 – 10:15	Activity Rotation	9:15	9:30	9:45	10:00
	Maths, Science or KUW Activity <i>Giraffes Classroom</i>	Red	Blue	Green	Yellow
	Cooking Activity <i>Mitbachon</i>	Blue	Red	Yellow	Green
	Physical Development Activity <i>Rainbow Room</i>	Green	Yellow	Red	Blue
	Language Activity <i>Sunshine Room</i>	Yellow	Green	Blue	Red

	Red	Blue	Green	Yellow
10:15	Choosing from learning stations + NAPPY CHANGES		Free play in Garden + Adult Led Activity	
11:00	Free play in Garden + Adult Led Activity		Choosing from learning stations	

	Red	Blue	Green	Yellow
11:45	Circle Time – Rainbow Room		11:45	Garden
12:05	Lunch		12:05	Circle Time – Rainbow Room
12:20	Sleep and Rest		12:25	Lunch
			12:45	Sleep and Rest

From around 1:45 ish – 3:15

For all children: As they wake up choose from: Snack (at 2pm), classroom learning stations, Cosy corner, garden

3:20 – 4:00 – Afternoon Activity Rotation	Sun	Mon	Tue	Wed
Classroom Phonics – then choosing	Red	Blue	Green	Yellow
Classroom Art – then choosing	Blue	Red	Yellow	Green
Garden Active Literacy and Free play	Green Yellow		Red Blue	
3:40 – 4:00 Cooking or messy play in the Mitbachon	5 – 7 children choose to go to Mitbachon			

Thursdays
Choosing from:

Classroom

Or

Garden

4:00 – 4:30: Home time routine!

De-brief circle, AND... Story time, staff supporting with shoes, and belongings. Head down at 4:25

Giraffes Day Plan



7:30 – 8:00	Coming in and choosing with Leopards	Leopards Classroom
8:00 – 8:45	Morning registration, name practice, preparing snack and choosing	Giraffes classroom and Mitbachon
8:45 – 9:20	Morning meeting and Snack	Maze Square

	Red	Blue
9:20 – 9:50	Art and painting – Leopards room	Role play and learning stations - Leopards
9:50 – 10:20	Role play and learning stations - Leopards	Art and painting– Leopards room
10:20 – 10:40	Planned Activity – Garden	Planned Activity – Classroom
10:40 – 11:10	Planned Activity – Classroom	Planned Activity – Garden

11:10 – 11:45	Jolly Phonics and Letters & Sounds	Classroom
11:45 – 12:05	Garden Time - Free play	Garden

	Red	Blue
12:05	Cooking	Classroom Choosing
12:25	Rainbow Room	Cooking
12:45	Lunch	Rainbow Room
1:05	Classroom choosing	Lunch

1:25 – 2:05	Park	Park
2:05 – 2:45	Quiet time –Classic music, Books, puzzles and choosing from movement and music in the RR	Classroom Small groups in RR
2:40 – 3:00	Snack	Mitbachon

	Red	Blue
3:00 – 3:20	Free play Garden	Planned Activity – Classroom
3:20 – 3:40	Planned Activity – Classroom	Free play Garden

3:40 – 4:10	Choosing from learning stations	Classroom
4:10 – 4:30	Circle Time and debriefing	Classroom



Timetable For shared areas

Rainbow Room (top floor)

Time	Group	Activity
8:00 – 9:15	Frogs	Frogs who are not sleeping. Music & Movement
9:15 -10:15	Leopards	Activity Rotation
10:20 – 11:00	Armadillos	Green, then Yellow - Rainbow Room time
11:00 – 11:15	Armadillos	Green and Yellow - Circle time
11:15– 11:30	Armadillos	Red and Blue - Circle time
11:30 – 12:45	Available	
11:45 – 12:05	Leopards	Red and Blue - Circle time
12:05 – 12:25	Leopards	Green and Yellow - Circle time
12:25 – 1:05	Giraffes	Red (til 12:45) then Blue group
1:05 – 2:00	Frogs	Option time
2:00 – 3:00	Available	
3:00 – 3:40	Armadillos	Red (til 3:20) then Blue group
3:40 – 4:00	Armadillos or Frogs	Different colour group each day
4:00 – 4:30	Leopards	Optional space for end of day meetings

Mitbachon (Middle floor)

Time	Group	Activity
7:30 – 8:00	Cooking co-ordinator	Organise cooking activities for the day
8:00 – 8:30	Giraffes	Preparing snack to take out
8:45 – 9:15	Available	
9:15 – 10:15	Leopards	Activity rotation: COOKING
10:15 – 11:15	Armadillos	Green (til 10:40) then Yellow – Cooking
11:15 – 12:00	Available	
12:05 – 12:45	Giraffes	Red (til 12:25)
12:45 – 1:25	Giraffes	Lunch (in two groups)
1:45 – 2:40	Crocodiles	Cooking in small groups
2:40 – 3:00	Giraffes	Open snack available
3:00 – 3:40	Armadillos	Red (til 3:20) then Blue Cooking
3:40 – 4:00	Leopards	Different colour each day - Cooking

Sunshine Room (Ground floor)

Time	Group	Activity
7:30 – 7:45	Closed	Closed
7:45 – 8:45	Crocodiles and Pandas	Music & Dance
8:45 – 9:15	Pandas	Free physical play in small groups
9:15 – 10:15	Leopards	Language Activity Rotation
10:20 – 11:00	Crocodiles	Red then Green group Focus activity
11:00 – 11:15	Pandas	Yellow and Green Circle time
11:15 – 11:45	Crocodiles	Both Circle Times
11:45 – 2:45	Crocodiles	Sleep room
3:00 – 3:20	Crocodiles	Blue Group Focus activity
3:20 – 3:40	Leopards	Afternoon rotation
3:40 – 4:00	Crocodiles	Yellow Group Focus activity
4:05 – 4:30	Crocodiles	Stories, books and construction baskets