

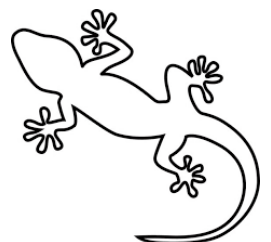
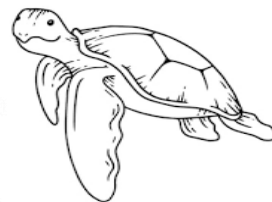
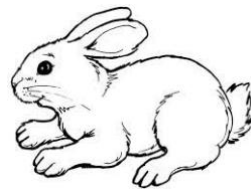
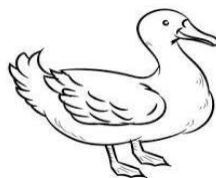
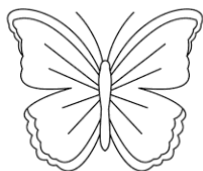
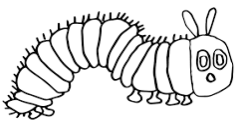


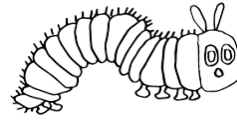
Rainbow

Day Plan and Timetables

Autumn 2024

Version 1.0





Caterpillars Day Outline Plan

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

Babies from 3 months

Children this age will take up to 4 naps a day during nursery, and this will usually be according to their own schedule. They will usually be hungry and eat when they wake, or soon after. Exploring the room, discovering the play centres and university areas will provide stimulation, whilst warm and regular interactions with the adults will help them to feel secure and will support development.

Babies from 6 – 9 months old

Throughout the day children this age will have 2 to 3 opportunities to rest according to their natural schedule. Play will have a stronger focus on supporting their fine and gross motor skills. Children will begin to move around the room more and explore the different play zones within the classroom. Most of the day is still based on free play and exploration, but with guidance, support, and warm interactions with staff. We start to introduce more singing, storytelling, and rhymes at this age throughout the day, and we make at least once daily visits to our garden, sometimes more. Children at this age will also start to transition to solid foods, so we spend extended periods with children around the eating zone of the classroom, encouraging them to explore and develop a healthy relationship with food.

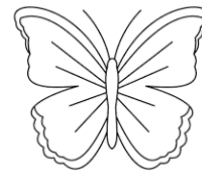
Overall approach

The day remains very flexible, there will usually be children eating, playing, and sleeping simultaneously in the room. We have a strong focus on working with children's individual routines, pace, and rhythm within the Caterpillars class. The base of the day is very much around free play, exploring the room, resources and materials on offer at their own pace. Adult led activities are included within the scheme of the day, to enhance and provide a different style of engagement.

Adult led activities

These can last anything from 10-15 minutes up to an hour, and can involve very few children at a time, or groups of children together, depending on the activity. Children are able to flow in and out of the adult led activities as they wish according to their level of interest, engagement and stimulation. We aim to provide 2 adult-initiated activities in the morning, and two in the afternoons. This sometimes varies depending on the needs of the children, and what else is happening in the room! These activities are at no set time, they take place when the time is 'right' according to children's sleeping and eating patterns. Below shows the weekly cycle of adult led activities:

Sunday		Monday		Tuesday		Wednesday		Thursday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Messy Play	Baby Massage	Playdough	Music	Ice Play	Ribbons and Scarfs	Messy Play	OUTSIDE Waterplay	Painting	Heuristic Play
Puppets	Things to Smell	Large Fabric play	Blowing Bubbles	Un-wrapping	Balls	Hide-n-seek objects/ cups	Bags— filling and emptying	How does it feel? <i>Stroking on my skin</i>	Playdough



Butterflies Day Outline Plan

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

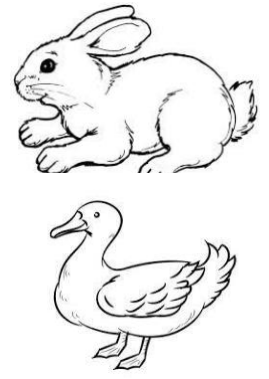
- From 7:30** **Free Play on the carpet and Adult led activity...**
8:10 – 8:40 **Activity 1** (Story, Music or Fine Motor Activity)
- 8:00 – 9:00** Sleepers at one side of the classroom or in sleep room
- 8:30 – 9:30** Snack on offer
- 9:30 – 10:15** Nappy changes (sleepers when waking up)
- 9:30 – 11:00** **Free play and Adult led Activity**
9:45 – 11:00 **Activity 2** (Messy, Sensory Play or Garden)
- 11:00 – 12:00** Circle/Song 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
- 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.

Sunday		Monday		Tuesday		Wednesday		Thursday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Messy Play	Music	Playdough	Filling and Emptying	Ice Play	Obstacle Course	Messy Play	Mark Making	Painting	OUTSIDE Waterplay
Dressing up from Meadows	Magazine and Newspaper Play	Mark Making	Movement /Dance	Things to Smell	Fruit Peel play	Puppets	Tactile Box	Large Fabric play	Heuristic Play



Meadows Day Plan

Ducks and Rabbits Classes



7:30 - 8:30 - **Activity 1** on the Rug | *Fine motor, Shape, Space, Number development*
- **Marking Making** in activity area

8:15 – 9:30 - Sleepers at the back half of the class

9:00 – 11:15 - Garden open and free play opportunities available, and adult led activities:

8:10 - 9:15ish - Rolling Snack on offer

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, Tabletop or Floor

10:00 – 11:00 - **Activity 3** - Sensory Play in the Garden

11:00 - 11:15 - **Circle time**

11:15 – 11:35 –Lunch, and 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** – Tabletop 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



Rainbow Nursery



Jaguars' Day Plan

7:30 – 9:10	Coming in & Choosing <i>Rolling Snack on offer from 8:10</i> Activity 1 – Fine Motor on the carpet
9:10 – 9:20	Morning Meeting
9:20 – 9:45	Choosing from Learning Stations & Adult Led Activities: Activity 3 – Cooking Activity 4 – Sorting/Categorising
9:45 – 10:20	Outside Play – Lower Deck Area, Rainbow Room Activity 2 – Music/Movement/Dance (Rainbow Room)
10:20 – 11:00	Choosing from Learning Stations Activity 5 – Painting <i>From 10:30 - Nappies & Toileting</i>
11:00 – 11:30	Outside Play On the Deck
11:30 – 11:45	Circle Time
11:45 onwards	Midday Routine Lunch, then rest/sleep time
1:45 <i>ish</i> onwards	Waking up and Choosing: Nappy change/toileting on waking... Choose from: Malleable table, Carpet Play, Sensory Table
2:15 onwards	Garden Opens Activity 6 – Physical Development
2:30 onwards	Rolling Snack Table Opens
2:45 – 3:15	Activity 7 – Mark Making on offer
3:15 – 3:55	Mixed Classed within the unit Free play across the unit; with a focused activity every day for a different colour group - Activity 8 & Activity 9 Dance/Yoga Movement on offer
3:55	Back to own Classes
4:00 – 4:30	Going Home Routine Story Time on one rug & Construction & Block play on another rug Children called from rugs as parents arrive at the door

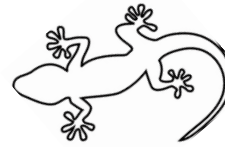


Rainbow Nursery



Panthers' Day Plan

7:30 – 9:00	Coming in & Choosing <i>Rolling Snack on offer from 8:10</i> Activity 4 – Sorting/Categorising
9:00 – 9:10	Morning Meeting
9:10 – 9:50	Outside Play – Lower Deck Area, Rainbow Room Activity 2 – Music/Movement/Dance (Rainbow Room)
9:50 – 10:25	Choosing from Learning Stations & Adult Led Activities: Activity 1 – Fine Motor on the carpet Activity 5 – Cooking
10:25 – 11:00	Choosing from Learning Stations & Adult Led Activities: Activity 3 – Painting <i>From 10:30 - Nappies & Toileting</i>
11:00 – 11:30	Outside Play On the deck
11:30 – 11:45	Circle Time
11:45 onwards	Midday Routine Lunch, then rest/sleep time
1:45 ish onwards	Waking up and Choosing: Nappy change/toileting on waking... Choose from: Malleable table, Carpet Play, Sensory Table
2:15 onwards	Garden Opens Activity 6 – Physical Development
2:30 onwards	Rolling Snack Table Opens
2:45 – 3:15	Activity 7 – Mark Making on offer
3:15 – 3:55	Mixed Classed within the unit Free play across the unit; with a focused activity every day for a different colour group - Activity 8 & Activity 9 Dance/Yoga Movement on offer
3:55	Back to own Classes
4:00 – 4:30	Going Home Routine Story Time on one rug & Construction & Block play on another rug Children called from rugs as parents arrive at the door

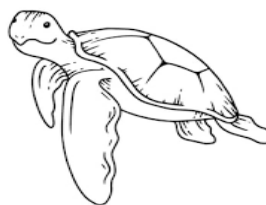


Rainbow Nursery

Toucans' and Geckos' Day Plan

Time	Activity	
	Toucans	Geckos
8:10 – 9:10	Rolling Snack on Offer	Rolling Snack on Offer
8:30 – 9:00	Cooking – Adult Led (Activity 7)	Cooking – Adult Led (Activity 7)
8:50 – 9:20	Outside Play	Rooftop
9:20 – 9:30	Morning Meeting	Morning Meeting
9:30 – 10:30	Activity Rotation <ol style="list-style-type: none"> 1. Phonics/Language (Activity 1) 2. Maths/Counting (Activity 2) 3. Knowledge & Understanding of the world (Activity 3) 4. Guided play - → Fine motor (Activity 6) 	
10:30 – 11:10	Free play & Flow-In/Out Activities on offer: Painting, (Activity 5) Toileting/Nappies	Outside play & Rainbow Room (Activity 4)
11:10 – 11:50	Outside play & Rainbow Room (Activity 4)	Free play & Flow-In/Out Activities on offer: Painting, (Activity 5) Toileting/Nappies
11:50 – 12:05	Circle Time	Outside play Ducks Garden
12:05 – 12:20	Lunch in Toucans	Circle Time- Ducks class/Rainbow room
12:20 onwards	Sleep and Rest	Lunch, Sleep and Rest Lunch, then rest/sleep time
1:45 ish – 3:10	Waking up and Choosing: As children wake up choose from: Classroom learning stations, Cosy corner, Garden/Rainbow Room Rolling snack on offer from 2pm – 3pm	
3:15 – 3:55	Choosing between the two classes <ol style="list-style-type: none"> 1. Rainbow Room – Child Led 2. Art in Geckos – Adult Led (Activity 8) 3. Dance/Music/Movement in Toucans - Adult Led (Activity 9) 4. Puzzles/Fine motor in Geckos – Adult Initiated (Activity 10) <p><i>Children are free to float between the two classrooms, they choose the activity they want to 'start' but can then move around. The floater brings children Rainbow Room back to class and visa versa</i></p>	
3:55	Back to Own Class Large Rug area	Back to Own Class Large Rug area
4:00 – 4:30	Home time Routine Story and Construction play; going home as parents arrive	Home time Routine Story and Construction play; going home as parents arrive

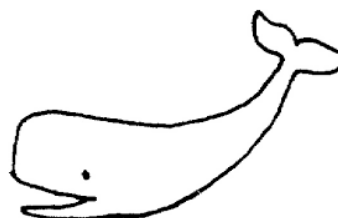
Turtles' Day Plan



7:30 – 9:00	Coming in choosing Register and name practice, then choosing from the learning stations set up	Both Classrooms
8:00 – 9:00	Rolling Snack on Offer <i>Adult led activity on offer</i>	Whales Room
9:00 – 9:10	Morning meeting	Turtle's Room
9:10 – 9:45	Rainbow Room Free Play	Rainbow Room
9:45 – 10:30	Choosing: (Adult Led and Child Initiated) 1. Cooking Activity <i>(Activity 1)</i> 2. Art Activity <i>(Activity 2)</i> 3. Free play from learning centres	Turtle's Room
10:30 – 11:30	UNIT ROTATION 1. Maths/counting <i>(Activity 3)</i> 2. Phonics <i>(Activity 4)</i> 3. Language <i>(Activity 5)</i> 4. Science <i>(Activity 6)</i>	Turtle's Room and Whale's Room
11:30 – 11:55	Outside time Free Play and Optional Physical challenge activity <i>(Activity 7)</i>	Rainbow Room, and lower decks
12:00 -12:15	Circle Time	Whales Room
12:15 – 12:35	Lunch time	Whales Room
12:40 onwards	Rest and sleep	Turtle's Room
1:10 onwards	Rising up and Choosing: Choosing from Whales Learning Centres & Outside if available	Whales Room Duck Pond Garden
2:30 ish – 3:30	Focused Learning Hour: Carpet teaching time & Tabletop activities <i>(Activity 8)</i> <i>Snack available on table</i>	Whales Room
3:30 – 3:50	Outside time	Roof
3:50 – 4:00	Back to own class & Goodbye Day Recap	Turtle's Room
4:00 – 4:15	Story time	Turtle's Room
4:15 – 4:30	Home time & Partner Time – Share books, card games or puzzles with a partner	Turtle's Room

Ocean Class

Whales' Day Plan



Rainbow Nursery

7:30 – 8:45	Coming in choosing Register and name practice, then choosing from the learning stations set up & Preparing Snack	Whales' Room
8:00 – 9:00	Rolling Snack on Offer <i>Adult led activity on offer</i>	Whales Room
9:00 – 9:40	Morning Meeting <i>Carpet teaching, Morning Phonics, Language games</i>	Whales' Room
9:45 – 10:30	Rainbow Room & Apparatus play Outside & Free Play	Rainbow Room/Decks
10:30 – 11:30	UNIT ROTATION 1. Maths/counting (<i>Activity 3</i>) 2. Phonics (<i>Activity 4</i>) 3. Language (<i>Activity 5</i>) 4. Science (<i>Activity 6</i>)	Turtle's Room and Whales' Room
11:30 – 12:00	Free Play Choosing from: Construction, Small World, Mark Making, Free Art, Malleable Offering	Whales' Room
12:00 -12:20	Outside & Rainbow Room Free outside Play on Deck and into Rainbow Room	Decks and Rainbow Room
12:20 – 12:45	Maths Carpet teaching time, then active Maths in the Rainbow Room	Rainbow Room
12:45 – 1:15	Lunch	Turtles' Room
1:15 – 2:00	Free Play & Choosing Role play area open, and other learning stations in the Turtle Classroom	Turtles' Room
2:00 – 2:20	Quiet Time Individual Book time, then puzzles or pillows	Turtles' Room
2:20 – 2:40	Cooking or Roof <i>Green Group Cooking, Yellow Group Roof</i>	Turtles' Room or Roof
2:40 – 3:00	Cooking or Roof <i>Yellow Group Cooking, Green Group Roof</i>	Turtles' Room or Roof
3:00 – 3:50	Art & Free play <i>Adult Led Art project on offer, and choosing from around the Turtles Room</i>	Turtles' Room
3:50 – 4:00	Back to own class & Day Recap	Whales' Room
4:00 – 4:15	Story time	Whales' Room
4:15 – 4:30	Home time & Partner Time – Share books, card games or puzzles with a partner	Whales' Room