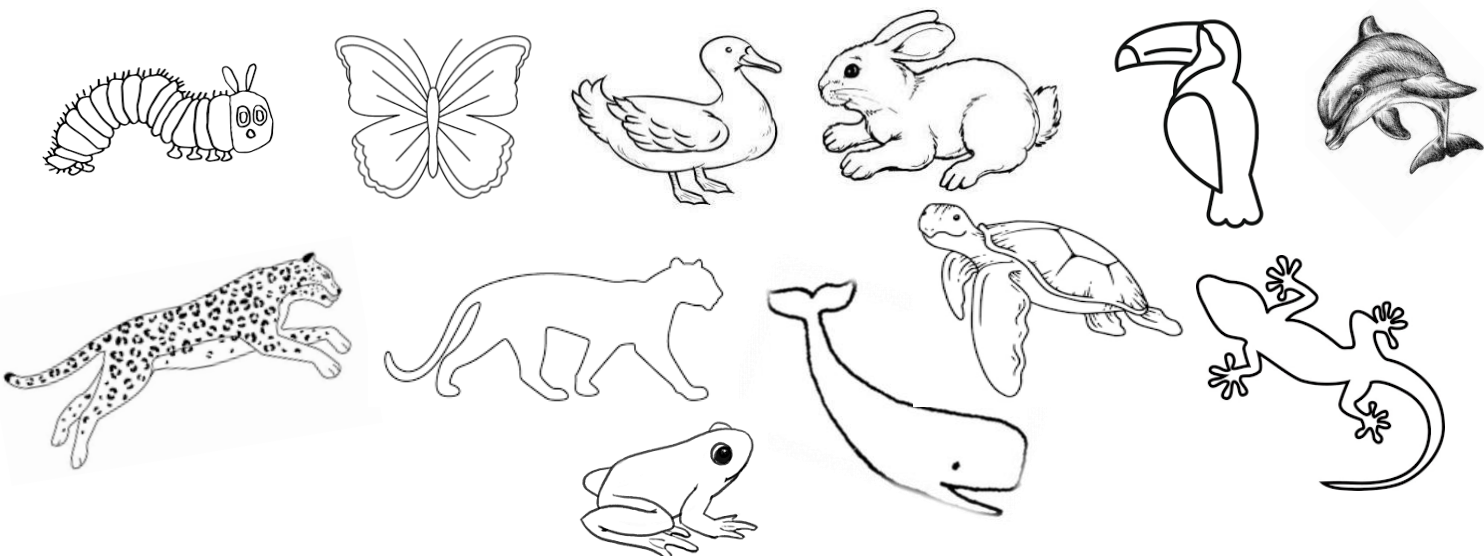


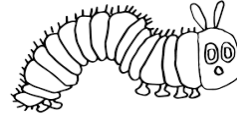
# Rainbow

## Day Plan and Timetables

### Autumn 2025

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.

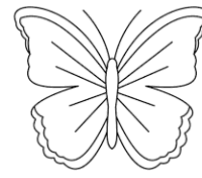
### Overall approach

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.*

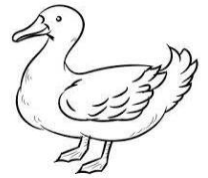
- From 7:30**      **Free Play on the carpet and Adult led activity...**
- 8:10 – 8:40 **Activity 1** (Story, Music or Fine Motor Activity)
- 8:00 – 9:00**      Sleepers at one side of the classroom or in sleep room
- 8:30 – 9:30**      Snack on offer
- 9:30 – 10:15**      Nappy changes (sleepers when 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

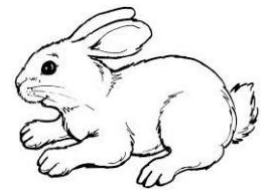


# Ducks

## Day Plan



<b>From 7:30</b>	<b>Free Play on the carpet and Adult led activity...</b> 8:10 – 8:40 <b>Activity 1</b> (Shape, space, reasoning)
<b>8:00 – 9:00</b>	Sleepers in the sleep room
<b>8:30 – 9:30</b>	Snack on offer
<b>9:45 – 10:30</b>	Garden time (Frogs garden) <b>Activity 3</b> (Sensory)
<b>10:30 – 11:00</b>	<b>Activity Time &amp; Nappy changes</b> <b>Activity 2</b> (Painting, Messy)
<b>11:00 onwards</b>	Circle time, lunch, sleep
<b>From 1:30</b>	Start waking up, changing nappy and playing
<b>From 2:15</b>	Rolling snack starts
<b>3:00 - 3:40</b>	<b>Outside or Playing in Classroom</b> (Children choose) <ul style="list-style-type: none"><li>• Rainbow Room and Deck area (small groups)</li><li>• <b>Activity 4</b> (Fine Motor Activity) in the classroom</li></ul>
<b>3:45</b>	<b>Back to classrooms and prepare for end of day</b> Story time and then construction toys on rugs
<b>4:00 – 4:30</b>	<b>Dismissal and Feedback</b>



# Rabbits

## Day Plan

<b>From 7:30</b>	<b>Free Play on the carpet and Adult led activity...</b> 8:10 – 8:40 <b>Activity 1</b> (Shape, space, reasoning)
<b>8:00 – 9:00</b>	Sleepers in the sleep area/room
<b>8:30 – 9:30</b>	Snack on offer
<b>9:45 – 10:20</b>	<b>Activity Time &amp; Nappy changes</b> <b>Activity 2</b> (Painting, Messy)
<b>10:25 – 11:15</b>	<b>Outside Time</b> Rainbow Room & Deck Area (Frogs garden) <b>Activity 3</b> (Sensory)
<b>11:15 onwards</b>	Circle time, lunch, sleep
<b>From 1:30</b>	Start waking up, changing nappy and playing
<b>From 2:15</b>	Rolling snack starts
<b>3:00 - 3:40</b>	<b>Outside or Playing in Classroom</b> (Children choose) <ul style="list-style-type: none"><li>• Rainbow Room and Deck area (small groups)</li><li>• <b>Activity 4</b> (Fine Motor Activity) in the classroom</li></ul>
<b>3:45</b>	<b>Back to classrooms and prepare for end of day</b> Story time and then construction toys on rugs
<b>4:00 – 4:30</b>	<b>Dismissal and Feedback</b>



# Frogs

## Day Plan

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 4** – Outside | Physical development

3:15 – 3:50 - **Activity 5** – 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

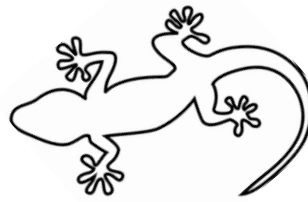
7:30 – 9:10	<b>Coming in &amp; Choosing</b> <i>Rolling Snack on offer from 8:10</i> <b>Activity 1</b> – Fine Motor on the carpet
9:10 – 9:20	<b>Morning Meeting</b>
9:20 – 9:45	<b>Choosing from Learning Stations &amp; Adult Led Activities:</b> <b>Activity 3</b> – Cooking <b>Activity 4</b> – Sorting/Categorising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



# Panthers

## Day Plan

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



# Toucan and Geckos

## Day Plan

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

# Turtle and Whales

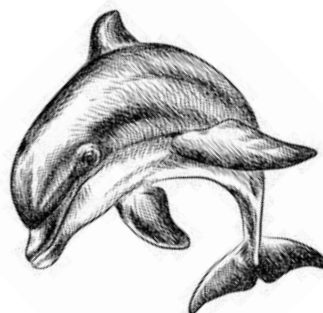
## Day Plan



7:30 – 9:05	<b>Coming in Activities</b>	Self-register & Name practice & Choosing (option for roof play)
8:20 – 8:50	Cooking on offer	Whale's classroom
8:30 – 9:00	Snack on offer	Turtle's classroom
9:05 – 9:15	Morning Meeting	In own classrooms
9:15 – 10:15	<b>Activity Rotation</b> 1. Maths/counting 2. Phonics 3. Music/Singing/Language 4. Science	In colour groups, across both classrooms
10:20 – 11:00	<b>Red and Blue</b> Playing on the roof	<b>Green and Yellow</b> Phonics with Jescah and choosing from the room (playdough, sensory, puzzles, role play & language table top activities)
11:00 – 11:40	<b>Green and Yellow</b> Playing on the roof	<b>Red and Blue</b> Phonics with Jescah and choosing from the room (playdough, sensory, puzzles, role play & language table top activities)
11:40 – 12:30	<b>Free Play &amp; Choosing</b> Computer, construction, small world, sensory trays, role play, books, math's/shape space, mark making	<b>Activities on Offer</b> 1. Adult Led painting (Whales) 2. Adult Led Art/Design (Turtles)
12:30	Lunch	In own classrooms
1:00 ish	<b>Sleep/Resters (Whales room)</b> Go to beds to rest, after 30 minutes rise and join other class if not sleeping. Sleeps wake by 2:45	<b>Non-Sleep/Resters (Turtle's room)</b> Choose a book, quiet reading. Then, audio story (15 minutes), then choosing from play areas in room
2:15	Adult led activity on offer	In Turtle's room
2:45	Tidy up time	Everyone awake!
2:55	Circle Time	In own classrooms
3:05 - 3:40	<b>Rainbow Room</b>	<b>Adult Led Activity on Offer</b> Gym, Music, Teamwork, Ball games, Large scale construction
3:45	<b>Snack</b> <i>Set up on tables in each class</i>	Thursdays Kab Shab
4:00	<b>Home time</b> <i>End of day circle, review and sing song</i>	In own classrooms

# Dolphin Class

## Day Plan



7:30 – 9am	<b>Coming in activities:</b> Choosing from the classroom and garden	Self-registration, name practice & Snack on offer from 8am
9:00 – 10:20 <i>Led by Jescah K</i>	<b>English Hour</b> 20 minutes whole class teaching, 4 x 15 minutes small group teaching English, phonics, speaking and listening and reading and writing skills <i>Once a week – cooking &amp; culture instead of English</i>	<b>Free play inside and outside</b> Choosing from activity stations based on English and Language; mark making, role play area, tabletop games, sequencing, small world, construction, computer
10:20-11:40 <i>Led by Kinga C</i>	<b>Math's Hour</b> 20 minutes whole class teaching, 4 x 15 minutes small group teaching number, space, shape, operations, volume, weight, positioning <i>Once a week – Science instead of Maths</i>	<b>Free play inside and outside</b> Choosing from activity stations based on math and number; shape games and activities, tabletop construction, sand and water, blocks, computer, outside math's
11:40 – 1:00 <i>Led by Sivan E</i>	<b>Hebrew Hour</b> 20 minutes whole class teaching, 4 x 15 minutes small group teaching Hebrew, phonics, speaking and listening and reading and writing skills <i>Once a week – Art instead of Hebrew</i>	<b>Free play inside and outside</b> Choosing from activity stations based on Hebrew and Language; mark making, role play area, tabletop games, sequencing, small world, construction, computer
1:00-1:45	<b>Lunch</b>	Children set up, self-service, cleanup and run the dishwasher
1:45 – 2:30	<b>Specialist teaching session</b> On 2 <sup>nd</sup> floor in lab	<b>Sun:</b> PE (Games) - Danny <b>Mon:</b> Music – Viktoria <b>Tue:</b> Drama – Carolina <b>Wed:</b> PE (Gym) Danny <b>Thur:</b> Team/partner work - Shaked
2:35 – 3:20	<b>Choosing Time</b> Afternoon snack on offer	Learning areas available; role play, outside areas, computer, play rugs, tabletop games, mark making & art materials
3:20	<b>Tidy up time</b> Children will close the class for the day	Tidy up time for the day, children all have jobs to do to close the classroom for the day
3:30	<b>Circle Time</b>	Theme of the week, topic of the day, and topical discussions and teaching related to relationships in the classroom
3:45	<b>Rainbow Room</b>	Free play
4:30	Dismissal from Rainbow room	