

A Day at Sunshine House

A balanced day of learning, play, exploration, and connection.

Time	Our Day
8:00-9:00	Arrival & Breakfast Warm greetings, a nourishing breakfast, gentle indoor invitations, and open-air exploration help children ease into the day.
9:00-9:45	Creative Expression & Learning Centers Art exploration, tailored small-group learning, learning centers, and outdoor discovery experiences.
9:45-10:15	Snack & Outdoor Play Whole-grain snacks paired with fresh fruits or vegetables followed by collaborative games, sand and water exploration, and outdoor movement.
10:15-11:30	Pre-K Enrichment, Circle Time & Discovery Labs Phonics, language development, and foundational math are woven together with science, music, movement, and collaborative discovery.
11:30-12:45	Lunch & Cozy Reading Children enjoy lunch together, practice independence through everyday routines, and transition into the afternoon with quiet books and a calm environment.
12:45-2:00	Rest & Quiet Learning Children rest according to their individual needs. Those who wake early transition to quiet learning invitations while others continue resting peacefully.
2:00-2:30	Snack & Play Exploration A nutritious afternoon snack followed by structured movement games and outdoor exploration.
2:30-3:15	Art Exploration & Learning Centers Creative art experiences, learning centers, community projects, and outdoor choices encourage imagination and collaboration.
3:15-4:30	Flexible Indoor & Outdoor Play Sensory exploration, construction materials, dramatic play, nature experiences, and meaningful interactions with friends.
4:30-Close	Closing Circle & Choice Play Reflection, music, stories, conversations, and extended choice play until pickup.

Every day includes outdoor play • early literacy • Discovery Lab (STEM) • music & movement • creative art • learning centers • social-emotional learning • building confidence and independence.