

# January 2012

## **Burncoat Daily Activities---Flow of the Day**

Mid- Morning: 8:30-9:30

Breakfast

Late Morning: 10:00-12:30

Wake up Moves/ Light & Lively/Fitness Fun

Light Refreshments

Matching/Sorting/Folding

Drawing/Puzzles

Afternoon: 12:45-1:45

Lunch

Mid-Afternoon: 2:00-3:30

Games Galore

Snacks & Chats

Kick it up

Yesterday's Songs

Late Afternoon: 4:00-5:30

Quiet Games

Gentle Massage/Healing Hands

Short Stories/Remember When

Soothing Sounds

Early Evening: 6:00-7:00

Dinner

