**Lion Cubs daily routine**

**3.30pm – 6pm :- Tea & free play**

**12.30pm – 3.30pm Afternoon :-**

**Sleep, Free play, Creative, Sensory, Rolling snack, Story / singing, outside freeflow, Mindfulness moment**

**11.45am – 12.30pm :- Lunch**

**9am – 11.45am Morning :–**

**Free play, Creative, Sensory, Rolling snack, Sleep time, Story / Singing, Baby yoga, Outside freeflow**

7.30am – 9am :- Breakfast & free play

**Nappy changes**

**9am**

**11am**

**3pm**

**Going home check**