

## School-Aged Children (Ages 6-13)

### **6:00 AM - 8:00 AM: Early Arrival and Homework Help/Free Play**

- Children arrive and engage in quiet activities or homework help.
- Parents/guardians sign in.
- Activities such as reading, puzzles, and board games are available.

### **8:00 AM - 8:30 AM: Breakfast**

- Nutritious breakfast provided.
- Social interaction encouraged.

### **8:30 AM - 9:00 AM: Morning Meeting**

- Group discussion about the day's activities.
- Planning and organizing daily tasks.

### **9:00 AM - 10:00 AM: Academic Enrichment**

- Focus on homework help, tutoring, and academic projects.
- Subjects may include math, reading, science, and writing.

### **10:00 AM - 10:30 AM: Morning Snack**

- Healthy snack provided.
- Social interaction and conversation encouraged.

### **10:30 AM - 11:30 AM: Outdoor Play**

- Physical activities and free play outside.
- Activities may include structured games, playground time, garden upkeep and learning, and nature exploration.

### **11:30 AM - 12:30 PM: STEAM Activities**

- Engaging activities focused on Science, Technology, Engineering, Arts, and Mathematics.
- Encourages problem-solving and critical thinking skills.

### **12:30 PM - 1:00 PM: Lunch**

- Nutritious lunch provided.
- Children practice table manners and social skills.

### **1:00 PM - 2:00 PM: Quiet Time/Reading Time**

- Quiet reading or independent study time.
- Relaxation and calm activities.

### **2:00 PM - 3:00 PM: Creative Arts and Crafts**

- Engaging in various art projects and creative activities.
- Encourages self-expression and creativity.

### **3:00 PM - 3:30 PM: Afternoon Snack**

- Healthy snack provided.
- Social interaction and conversation encouraged.

### **3:30 PM - 4:30 PM: Group Projects and Activities**

- Collaborative projects and group activities.
- May include science experiments, building projects, or thematic learning.

### **4:30 PM - 5:00 PM: Outdoor Play**

- Physical activities and free play outside.
- Activities may include structured games, playground time, and nature exploration.

### **5:00 PM - 6:00 PM: Group Activities and Clean-Up**

- Group games, storytelling, or cooperative activities.
- Children participate in clean-up and organization.

### **6:00 PM - 8:00 PM: Dinner, Late Pick-Up and Free Play**

- Nutritious dinner provided
- Free play activities until departure.
- Parents/guardians sign out.
- Quiet activities such as puzzles, books, and drawing are available.