

# 'Bonkers' Daily Routines at home (2-8yr)



Supported experiences by Bonkers Beat

AM



**7.00** Wake Up / Get dressed / Breakfast / Tidy Up Time



**8.30** 'Welcome a New Day' Wellbeing Practices  
Movement Time (Indoor/ Outdoor)



**9.30** Music time / Morning Meeting / Plan the Day



**10.00** Morning Tea (Including Preparation) / Montessori  
inspired self-selected experiences (Indoor / Outdoor)



**11.30** Story Time / Rhythms / Songs / Dancing



PM



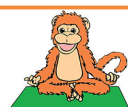
**12.00** Lunch (Including cooking) / Tidy Up Time



**1.00** Meditation Stories Time / Relaxation /  
Sleeping / Audio books



**2.00** Yoga Time



**2.30** Story Time / Rhythms / Songs / Dancing



**3.00** Afternoon Tea (Including Preparation) / Creativity Time  
Indoor/Outdoor play / Tidy Up Time



**5.30** Dinner (Including cooking) / Setting-up tables  
cleanup / self-care / bath / bedtime story



**7.30** Sweet Dreams Time

