



# Explore Your Child's Day At Our Nature Site

## Sample Lesson Plan

<b>Circle Time</b>	Welcome Share Daily Schedule Safety Reminders
<b>Fine Motor</b>	Building and stacking with rocks and sticks
<b>Gross Motor Activity</b>	Red Light, Green Light
<b>Special Activity</b>	Collect & Plant Seeds
<b>Afternoon Story</b>	Explorers of the Wild

## Sample Daily Schedule

**6:30–8:00** Drop off & Child Led Play  
**8:00–8:30** Breakfast  
**8:30–9:00** Child Led Play & Bathroom Breaks  
**9:00–9:30** **Bus Transportation to Nature Site**  
**9:30–9:45** **Circle Time**  
**9:45–11:45** **Academic Nature Lessons & Activities**  
**11:45–12:30** **Lunch, Bathroom Breaks, & Sunscreen**  
**12:30–2:30** **Afternoon Academic Centers**  
**2:30–3:00** **Transportation to Big Steps Little Feet**  
**3:00–3:30** Snack  
**3:30–4:30** Child Led Play  
**4:30–5:15** Outside Time

## Sample Menu

**Breakfast**  
Whole Grain Assorted Cereal  
& Bananas

**Picnic Lunch**  
Ham and Cheese Crossiant  
Carrots &Grapes

**Snack**  
Graham Crackers & Yogurt