

FREE PLAY: According to the American Academy of Paediatrics, “Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very young age engage and interact with the world around them. Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers. As they master their world, play helps children develop new competencies that lead to enhanced confidence and the resiliency that they will need to face future challenges. Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts and to learn self-advocacy skills. When play is allowed to be child-driven, children practice decision-making skills, move at their own pace, discover their own areas of interest, and ultimately engage fully in the passions they wish to pursue. Ideally, much of play involves adults, but when play is controlled by adults, children acquiesce to adult rules and concerns and lose some of the benefits play offers them, particularly in developing creativity, leadership, and group skills. In contrast to passive entertainment, play builds active, healthy bodies.” Free Play Time encourages the children to understand that it is their brain and their world. They can make their life just the way they want it.

CIRCLE TIMES: Circle times are group times that involve group activities. These activities include Show and Tell, storybook reading, calendar time, singing songs, doing finger and action plays, performing science and cooking experiments. Circle time is sometimes planned around a specific theme.

REST TIME: “Sweet Dreams” Time is a rest period in the afternoon for all children. All children in the Toddler and Preschool Programs are to have a rest on their individual cots. We encourage parents to bring in the child’s favourite blanket or soft toy to ensure that the child feels safe and secure during this time. Children who are unable to sleep or who awaken early will be brought to a quiet area of the room for quiet activities until the end of Rest Time. Kindergarten and School-Age children are encouraged to be involved in quiet activities (or a rest/nap if they prefer) during this time in the afternoon.