

Mighty Tots Nursery



Here is a 5-day schedule and meal plan tailored for your setting and your 2–5 year olds.

Time	Activity	Notes
08:00 - 09:00	Arrival & Breakfast	Simple cereal, toast, or fruit
09:00 - 10:30	Morning Play	Garden time, local park, or messy play
10:30 - 11:00	Morning Snack	Fruit and a small carb (cracker/rice cake)
11:00 - 12:00	Structured Activity	Drawing, puzzles, or storytime
12:00 - 01:00	Lunch Time	Transition between Shift 1 & Shift 2
01:00 - 02:30	Quiet Time	Essential for the 2-year-olds; older kids can do books
02:30 - 03:30	Afternoon Play	Building blocks, dress-up, or music.
03:30 - 04:00	Afternoon Snack	Veggie sticks and dip (hummus or cream cheese)
04:00 - 05:15	Free Play / Garden	Getting some energy out before parents arrive
05:15 - 06:00	Winding Down	Tidy up together and quiet play until pickup