



崇專托兒所

日常活動表

1 歲 至 1.5 歲 (全日托)

星期一至六		活動內容
上午	08:30 - 09:15	歡迎小朋友，探熱，健康檢查，玩具
	09:15 - 10:00	早餐，換片
	10:00 - 10:20	體能活動 (大肌活動)
	10:20 - 10:40	排洗，喝水
	10:40 - 11:05	音樂律動 / 藝術創作 / 故事
	11:05 - 11:30	排洗，飲水
	11:30 - 12:15	營養午餐，換片
下午	12:15 - 14:30	午睡
	14:30 - 15:00	起床，換片
	15:00 - 15:30	排洗，茶點，飲水
	15:30 - 18:30	自由活動，整理，離所



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日常活動表

1.5 歲 至 2 歲 (全日托)

星期一至六		活動內容
上午	08:30 - 09:15	歡迎小朋友，探熱，健康檢查，玩具
	09:15 - 10:00	早餐，換片
	10:00 - 10:25	分組活動 / 藝術創作 / 故事
	10:25 - 10:45	體能活動 (大肌活動)
	10:45 - 11:05	排洗，飲水
	11:05 - 11:30	音樂律動
	11:30 - 12:15	營養午餐，換片
下午	12:15 - 14:30	午睡
	14:30 - 15:00	起床，排洗
	15:00 - 15:30	茶點，飲水
	15:30 - 18:30	自由活動，整理，離所



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日常活動表

2歲至3歲（全日托）

星期一至六		活動內容
上午	08:30 - 09:15	歡迎小朋友，探熱，健康檢查，玩具
	09:15 - 10:00	早餐，排洗
	10:00 - 10:25	音樂律動
	10:25 - 10:45	排洗，飲水
	10:45 - 11:05	體能活動
	11:05 - 11:30	洗手，藝術創作 / 故事 / 分組活動
	11:30 - 12:15	午餐，排洗
下午	12:15 - 14:30	午睡
	14:30 - 15:00	起床，排洗
	15:00 - 15:30	茶點，飲水，洗手
	15:30 - 18:30	自由活動，整理，離所



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日常活動表

2歲至3歲（上午班）

星期一至六	活動內容
08:30 - 09:00	歡迎小朋友，探熱，健康檢查，玩具
09:00 - 09:45	早餐，排洗
09:45 - 10:10	音樂律動 / 體能活動
10:10 - 10:30	洗手，飲水
10:30 - 11:00	分組活動 / 藝術創作 / 故事
11:00 - 11:30	午餐，排洗
11:30 - 12:00	自由活動，整理
12:00 - 12:30	離所



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日常活動表

2歲 至 3歲 (下午班)

星期一至六	活動內容
14:00 - 14:30	歡迎小朋友，探熱，健康檢查，玩具
14:30 - 14:40	飲水，洗手
14:40 - 15:00	音樂律動 / 體能活動
15:00 - 15:30	茶點，飲水，排洗
15:30 - 16:00	藝術創作 / 故事
16:00 - 16:10	飲水，洗手
16:10 - 17:00	分組活動，排洗，飲水
17:00 - 17:30	自由活動，整理
17:30 - 18:00	離所



SMART NURSERY

DAILY SCHEDULE

12 – 18 MONTHS (FULL DAY PROGRAM)

MON - SAT		Activities
Morning Session	08:30 – 09:15	Welcoming children, health check, toys
	09:15 – 10:00	Breakfast, changing diapers
	10:00 – 10:20	Body movements
	10:20 – 10:40	Potty training, drinking water
	10:40 – 11:05	Music & Dance / Arts & Crafts / Circle Time
	11:05 – 11:30	Potty training, drinking water
	11:30 – 12:15	Lunch, changing diapers
Afternoon Session	12:15 – 14:30	Nap time
	14:30 – 15:00	Wake-up, changing diapers
	15:00 – 15:30	Potty training, tea time, drinking water
	15:30 – 18:30	Free & Easy, tidy up, dismiss



SMART NURSERY

DAILY SCHEDULE

1.5 – 2 YEARS OLD (FULL DAY PROGRAM)

MON - SAT		Activities
Morning Session	08:30 – 09:15	Welcoming children, health check, toys
	09:15 – 10:00	Breakfast, changing diapers
	10:00 – 10:25	Group activities / Arts & Crafts / Circle Time
	10:25 – 10:45	Body movements
	10:45 – 11:05	Potty training, drinking water
	11:05 – 11:30	Dance & Music
	11:30 – 12:15	Lunch, changing diapers
Afternoon Session	12:15 – 14:30	Nap time
	14:30 – 15:00	Wake-up, potty training
	15:00 – 15:30	Tea time, drinking water
	15:30 – 18:30	Free & easy, tidy up, dismiss



SMART NURSERY

DAILY SCHEDULE

2 – 3 YEARS OLD (FULL DAY PROGRAM)

MON - SAT		Activities
Morning Session	08:30 – 09:15	Welcoming children, health check, toys
	09:15 – 10:00	Breakfast, potty training
	10:00 – 10:25	Dance & Music
	10:25 – 10:45	Potty training, drinking water
	10:45 – 11:05	Body movements
	11:05 – 11:30	Wash hand, Arts & Crafts / Circle Time / Group Activities
	11:30 – 12:15	Lunch, potty training
Afternoon Session	12:15 – 14:30	Nap time
	14:30 – 15:00	Wake-up, potty training
	15:00 – 15:30	Tea time, drinking water, wash hand
	15:30 – 18:30	Free & Easy, tidy up, dismiss



SMART NURSERY

DAILY SCHEDULE

2 – 3 YEARS OLD (HALF DAY – MORNING SESSION)

MON - SAT	Activities
08:30 – 09:00	Welcoming children, health check, toys
09:00 – 09:45	Breakfast, potty training
09:45 – 10:10	Dance & Music / Body Movements
10:10 – 10:30	Wash hand, drinking water
10:30 – 11:00	Group Activities / Arts & Crafts / Circle Time
11:00 – 11:30	Lunch, potty training
11:30 – 12:00	Free & Easy, tidy up
12:00 – 12:30	Dismiss



SMART NURSERY

DAILY SCHEDULE

2 – 3 YEARS OLD (HALF DAY – AFTERNOON SESSION)

MON - SAT	Activities
14:00 – 14:30	Welcoming children, health check, toys
14:30 – 14:40	Drinking water, wash hand
14:40 – 15:00	Dance & Music / Body Movements
15:00 – 15:30	Tea time, drinking water, potty training
15:30 – 16:00	Arts & Crafts / Circle Time
16:00 – 16:10	Drinking water, wash hand
16:10 – 17:00	Group Activities, potty training, drinking water
17:00 – 17:30	Free & Easy, tidy up
17:30 – 18:00	Dismiss