



**SOUTH BOSTON
CATHOLIC ACADEMY**
FAITH • FAMILY • ACADEMIC EXCELLENCE

A Day in the Life of a Tiny Tot at SBCA

8:15–8:45 AM – Arrival & Warm Welcome

Children are greeted by their teachers, settle in, explore the classroom, and begin building a sense of community.

8:45–9:00 AM – Morning Circle

Songs, stories, language-rich interaction, and social-emotional check-ins start the day with curiosity and connection.

9:00–9:30 AM – Snack & Social Time

Children enjoy a healthy snack while practicing independence, sharing, and conversational skills.

9:30–10:15 AM – Outdoor Play & Gross Motor Development

Children engage in age-appropriate outdoor activities that promote coordination, balance, teamwork, and exploration of the natural environment.

10:15–11:30 AM – Learning Centers & Guided Play

Hands-on academic and sensory activities support early literacy, numeracy, fine motor development, and problem-solving. Teacher-guided exploration encourages curiosity and critical thinking.

11:30 AM–12:00 PM – Lunch & Community Table Time

Full-day students eat lunch while practicing table manners, self-help skills, and cooperative interactions with peers.

12:00–1:30 PM – Rest & Quiet Time

Children have a calm period on mats. Some may nap, while others engage in quiet independent activities like books, puzzles, or soft toys.

1:30–1:45 PM – Afternoon Transition / Flex Time

A brief buffer period for reflection, small group enrichment activities, or review of the day's learning, allowing children to shift smoothly between quiet rest and afternoon routines.

1:45–2:15 PM – Enrichment & Closing Activities

Music, movement, art, or brief outdoor play continues developmentally appropriate learning and social skills, ending with a closing circle and reflection before dismissal.

2:15 PM – Dismissal / Transition to Extended Day

Children reflect on the day and transition safely to dismissal or after-school care if enrolled.