



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

### **A Day in the Life of a Toddler Student at SBCA**

#### **8:15–8:30 AM – Arrival & Warm Welcome**

Students are greeted by their teacher or assistant teacher and settle into the classroom. This time supports social-emotional development as children practice routines, independence, and building connections with peers and adults.

#### **8:30–9:00 AM – Morning Meeting & Community Building**

Children store their belongings and gather for morning meeting. This time includes calendar activities, discussion of the day's schedule, stories, songs, and interactive group play. It develops early literacy, listening skills, communication, and a sense of community.

#### **9:00–9:35 AM – Outdoor Learning & Gross Motor Development**

Students engage in structured and free play on the playground, promoting physical development, coordination, problem-solving, and social skills through cooperative play and exploration of their environment.

#### **9:35–10:00 AM – Snack & Social Skills**

Children enjoy a healthy snack while practicing independence, self-help skills, and social interactions such as turn-taking, conversation, and table manners.

#### **10:00–11:00 AM – Center-Based Learning & Hands-On Exploration**

Toddlers rotate through teacher-guided and child-led learning centers focusing on literacy, math, sensory exploration, and fine motor skills. Activities are designed to cultivate curiosity, critical thinking, early numeracy, and language development.

#### **11:00–11:30 AM – Songs, Poems & Read-Alouds**

Students engage in read-alouds, music, and poetry. These experiences enhance vocabulary, listening comprehension, memory, phonemic awareness, and a love for language.

**11:30 AM – Half-Day Dismissal**

Students enrolled in half-day programs depart.

**11:30 AM–12:00 PM – Lunch & Social-Emotional Development**

Full-day students enjoy lunch while practicing independence, conversation skills, and self-regulation.

**12:00–1:30 PM – Rest & Quiet Time**

Toddlers enjoy a calm, restorative period on their mats. Some children may nap, while others engage in quiet, independent activities such as looking at books, exploring soft toys, or working with simple puzzles. This supports emotional regulation, self-soothing skills, and attention span.

**1:30–1:45 PM – Gentle Transition / Flex Time**

A short, low-stimulation period helps toddlers gradually shift from rest to active learning. Activities may include soft music and movement, sensory play, or small-group guided experiences that reinforce skills learned earlier in the day.

**1:45–2:15 PM – Developmentally Appropriate Enrichment & Closing**

Toddlers engage in brief, hands-on learning experiences that combine play, music, movement, and art. Activities are designed to build fine and gross motor skills, creativity, and social interaction. The day concludes with a short closing circle, songs, or stories to reflect on the day and prepare children for dismissal or transition to extended day.

**2:15 PM – Dismissal / Transition to Extended Day**

Children safely transition to pickup or after-school care if enrolled, continuing social-emotional and independence skills in a supportive environment.