



Weekly Program Plan

Calgary Family Dayhome · Contracted to JDM Dayhome Agency · Alberta Approved Family Day Homes



Educator Name	Week of (Date)	Age Group(s)	Number of Children

Weekly Learning Goals & Focus Areas

Physical Development Gross & fine motor, outdoor play, movement	Cognitive / STEM Counting, sorting, problem-solving, curiosity	Creative Arts Art, music, dramatic play, imagination
Language & Literacy Storytime, vocabulary, songs, conversation	Social & Emotional Sharing, empathy, routines, self-regulation	Theme / Special Focus Write weekly theme here

Daily Schedule & Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00–8:00	Arrival & Welcome <i>Free play, greetings, transition</i>	Arrival & Welcome <i>Free play, greetings</i>	Arrival & Welcome <i>Free play, greetings</i>	Arrival & Welcome <i>Free play, greetings</i>	Arrival & Welcome <i>Free play, greetings</i>
8:00–8:30	Breakfast / Snack <i>Healthy snack, hand washing</i>	Breakfast / Snack <i>Healthy snack, hand washing</i>	Breakfast / Snack <i>Healthy snack, hand washing</i>	Breakfast / Snack <i>Healthy snack</i>	Breakfast / Snack <i>Healthy snack</i>
8:30–9:15	Circle Time <i>Calendar, weather, songs</i>	Circle Time <i>Calendar, weather, songs</i>	Circle Time <i>Calendar, weather, songs</i>	Circle Time <i>Calendar, weather, songs</i>	Circle Time <i>Calendar, weather, songs</i>
9:15–10:00	Planned Activity <i>Sensory / art project</i>	Planned Activity <i>Counting & sorting</i>	Planned Activity <i>Science experiment</i>	Planned Activity <i>Music & movement</i>	Planned Activity <i>Show & tell / free choice</i>
10:00–10:45	Outdoor Play <i>Gross motor, nature walk</i>	Outdoor Play <i>Gross motor, garden</i>	Outdoor Play <i>Bikes / trikes, gross motor</i>	Outdoor Play <i>Sand / water table</i>	Outdoor Play <i>Free play, obstacle course</i>
10:45–11:30	Storytime <i>Read aloud + discussion</i>	Dramatic Play <i>Dress-up, role play</i>	Storytime <i>Read aloud + puppets</i>	Fine Motor Play <i>Puzzles, threading, playdough</i>	Storytime / Sharing <i>Weekly reflection</i>
11:30–12:15	Lunch <i>Warm meal, conversation, manners</i>	Lunch <i>Warm meal, conversation</i>	Lunch <i>Warm meal, conversation</i>	Lunch <i>Warm meal, conversation</i>	Lunch <i>Warm meal, conversation</i>
12:15–2:15	Rest / Nap Time <i>Quiet rest, soft music</i>	Rest / Nap Time <i>Quiet rest, soft music</i>	Rest / Nap Time <i>Quiet rest, soft music</i>	Rest / Nap Time <i>Quiet rest, soft music</i>	Rest / Nap Time <i>Quiet rest, soft music</i>
2:15–3:00	Afternoon Snack <i>Snack + quiet play</i>	Afternoon Snack <i>Snack + quiet play</i>	Afternoon Snack <i>Snack + quiet play</i>	Afternoon Snack <i>Snack + quiet play</i>	Afternoon Snack <i>Snack + quiet play</i>
3:00–4:00	Afternoon Activity <i>Art / craft project</i>	Afternoon Activity <i>Block building, STEM</i>	Afternoon Activity <i>Outdoor free play</i>	Afternoon Activity <i>Music / dance</i>	Afternoon Activity <i>Free choice centres</i>
4:00–5:30	Departure / Pick-Up <i>Tidy up, parent communication</i>	Departure / Pick-Up <i>Tidy up, parent communication</i>	Departure / Pick-Up <i>Tidy up, parent communication</i>	Departure / Pick-Up <i>Tidy up, parent communication</i>	Departure / Pick-Up <i>Tidy up, parent communication</i>

Notes & Materials

Materials / Resources Needed	Educator Notes / Observations
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Signatures & Confirmation

Educator	Agency Representative	Parent / Guardian
Signature _____ Date _____	Signature _____ Date _____	Signature _____ Date _____