

The Reggio Experiment

Daily Rhythm

8 am wake up, morning verse, get dressed, walk the dog

9 am breakfast
outside play time

11 am lunch

11:30 naps

RNM time

1:30 snack

2 pm inside play (schoolroom) or daily activity

3 pm L/B nap, N school

M & M

story or Nature walk

discussion

provocation

art time

4 pm snack

4:30 chores

5 pm Nature walk/go to the park

6 pm dinner

6:30 change into jammies, play with Papa

brush teeth

bedtime stories

7 pm L/B bedtime

8 pm N bedtime

teaching time, transcribe notes, journalling, reflection, plan tomorrow
parenting reflection and dialogue, talk with Steve, listen to workshops

10 pm bedtime