

小彩虹家庭式日托園
Rainbow D.Y.E. Home Care

| 星期 時 段 | 一 Mon | 二 Tue | 三 Wed | 四 Thr | 五 Fri | 學習領域 Learning Development Area |
|-------------------|---|---------------------|--------------------|---------------------|---|---|
| 8:00~ 9:00AM | 歡迎時間 (自由活動) Welcome Time (Free Activities) | | | | 語言溝通 Language Communication 社交情緒 SEL | |
| 9:00~ 9:30AM | 早點/喝水/如廁時間 Morning Snack/Water/Bathroom Time | | | | 生活自理 Life Skills Learning | |
| 9:30~ 10:00AM | 說故事時間 (社交情緒學) Story Reading (SEL Based) | | | | 知識探索 Knowledge Exploration 語言溝通 Language Communication 社交情緒 SEL | |
| 10:00~ 10:30AM | 適性發展活動 Adaptive Development Activities: ✓ 主題活動 Themed Activity ✓ 兒歌手指搖 Songs & Rhyme ✓ 認知閃卡 Flash Learning ✓ 數字認知 Number Knowledge ✓ 感官遊戲 Sensory Game | | | | 知識探索 Knowledge Exploration 語言溝通 Language Communication 邏輯發展 Logic Development | |
| 10:30~ 11:00AM | 大型遊玩區/喝水時間 Big Toys Play Time/Water Time | | | | 體能及協調 Physical Fitness & Coordination 社交情緒 SEL | |
| 11:00~ 11:40AM | 奧福音樂 Orff Music | 公園時間* Park Time* | 奧福音樂 Orff Music | 公園時間* Park Time* | 奧福音樂 Orff Music | 知識探索 Knowledge Exploration 語言溝通 Language Communication 音樂藝術欣賞 Music & Art Appreciation 精準動作發展 Fine Motor Skills Development 體能及協調 Physical Fitness & Coordination |
| 11:40~ 12:10PM | 午餐時間 Lunch Time | | | | 生活自理 Life Skills Learning | |

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|-------------------|--|----------------------|----------------------|----------------------|--------------------------------------|---|
| 12:10~ 12:30PM | 午睡前準備(刷牙/如廁/鋪床) Nap Preparation | | | | | 生活自理 Life Skills Learning |
| 12:30~ 2:00PM | 午睡時間 Nap Time | | | | | 生活自理 Life Skills Learning |
| 2:00~ 2:30PM | 收床/如廁/喝水時間 Clean/Bathroom/Water Time | | | | | 生活自理 Life Skills Learning |
| 2:30~ 2:45PM | Library Time 圖書館時間 | | | | | 閱讀習慣形成 Reading Habit Development |
| 2:45~ 3:15PM | 基礎發展 Essential Building | 手工美勞 Arts & Craft | 生活常規 Life Routine | 手工美勞 Arts & Craft | 科學探索/ 兒趣烹飪 Science/ Cooking | 知識探索 Knowledge Exploration 語言溝通 Language Communication 音樂藝術欣賞 Music & Art Appreciation 生活自理 Life Skills Learning 社交情緒 SEL |
| 3:15~ 3:45PM | 下午點心時間 Afternoon Snack Time | | | | | 生活自理 Life Skills Learning |
| 3:45~ 4:15PM | 音樂/感統/體能遊戲 Music/Sensory/Fitness Games | | | | | 體能及協調 Physical Fitness & Coordination 感官發展 Sensory Development 社交情緒 SEL |
| 4:15~ 4:45PM | 操作教具、拼圖、玩具時間 Manipulative/Puzzle/Toy Time | | | | | 精準動作發展 Fine Motor Skills Development 邏輯發展 Logic Development |
| 4:45~ 5:00PM | 準備回家 Going Home Preparation | | | | | 生活自理 Life Skills Learning |
| 5:00~ | 接離回家 Pick Up Go Home | | | | | |
| 注解 Remark | * Park Time 公園時間將會每週二/週四上午執行 | | | | | |