

*Woodlands  
Forest School*  
INSPIRED BY NATURE

# Daily Rhythm



**HÖKKU**  
— academy —



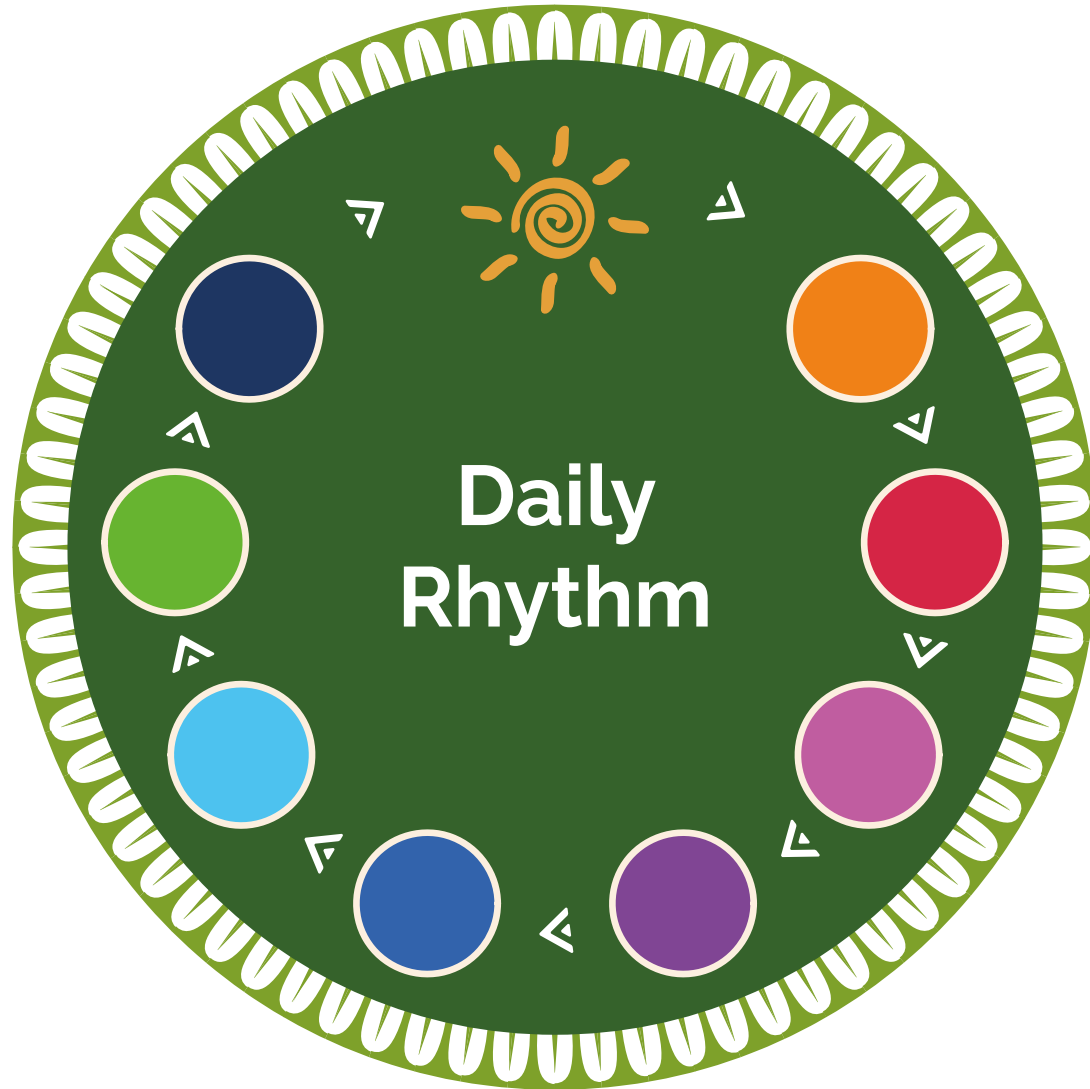
# Daily Rhythm:

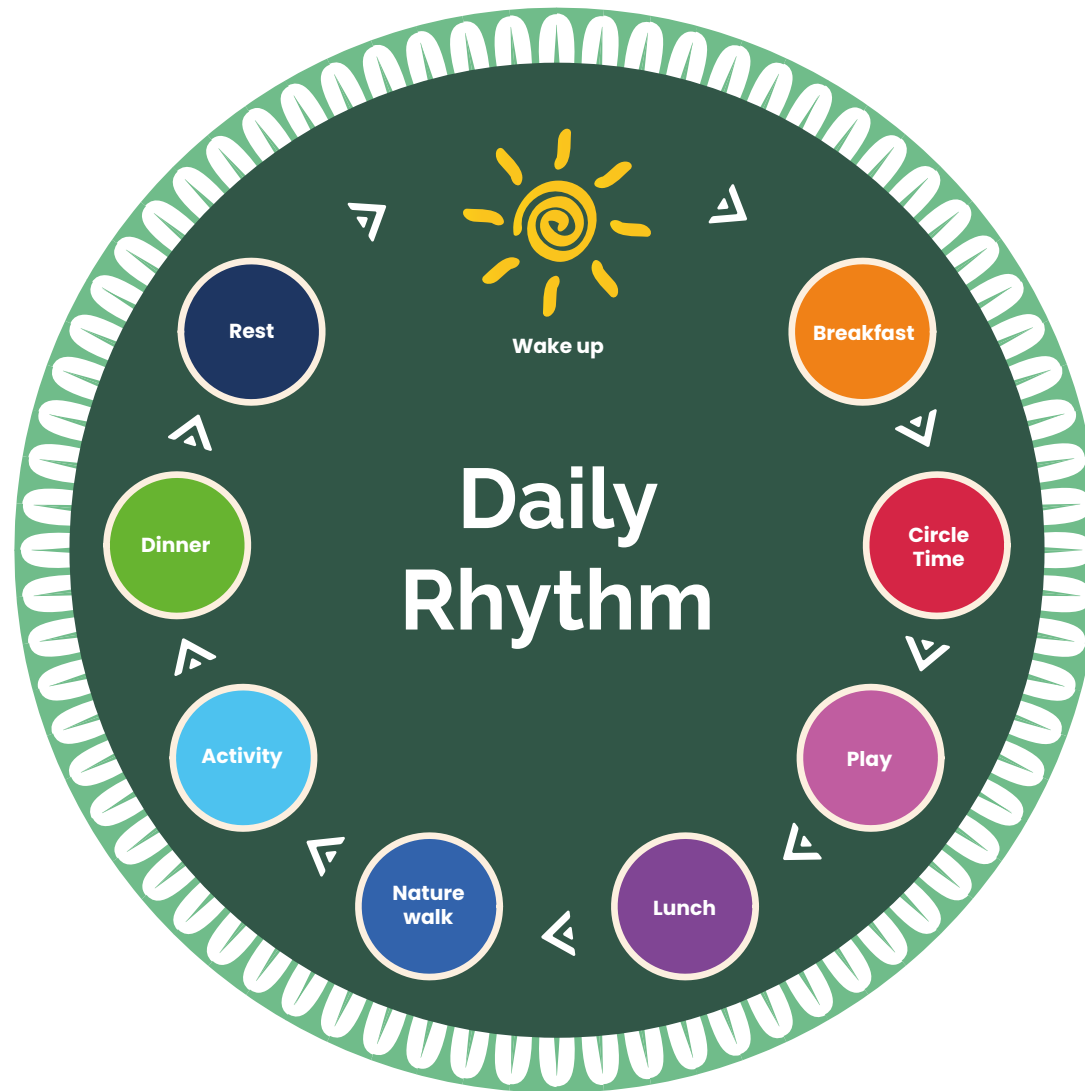
The daily rhythm is an amazing tool to create routine and many children find it helpful and fun to visualize their activities and create a rhythm of it. To know what is coming next creates a sense of security and if you think about it, that is the way life works. It could be day and night, the seasons in the year, the lunar cycles, you name it. We are always guided by rhythms and to create one for your little one is always fun and helpful for them.

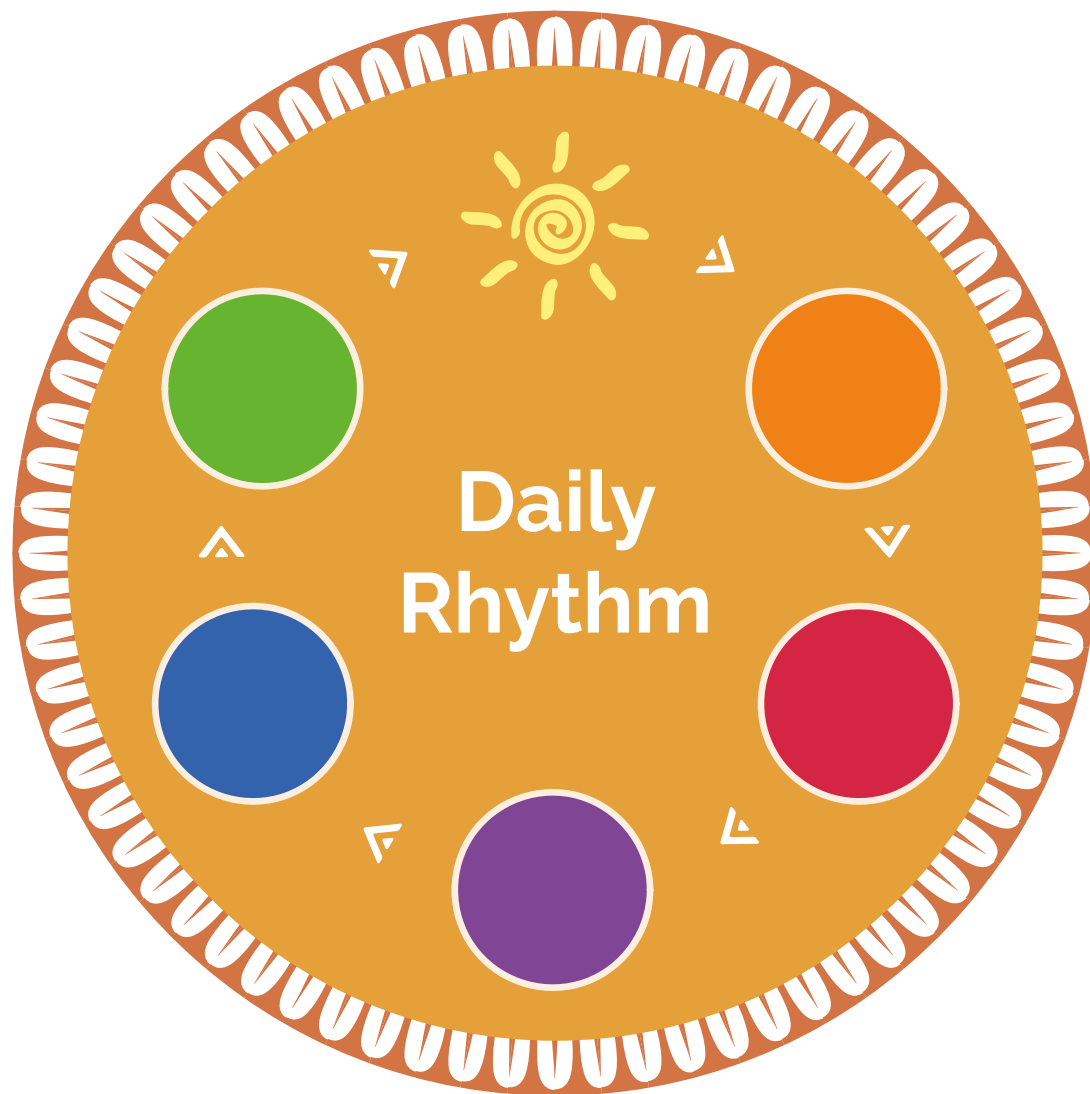
Don't be overwhelmed by it, make it simple fun and don't load too many activities. Leave space for creativity and adjust as needed so it works out for you and your child.

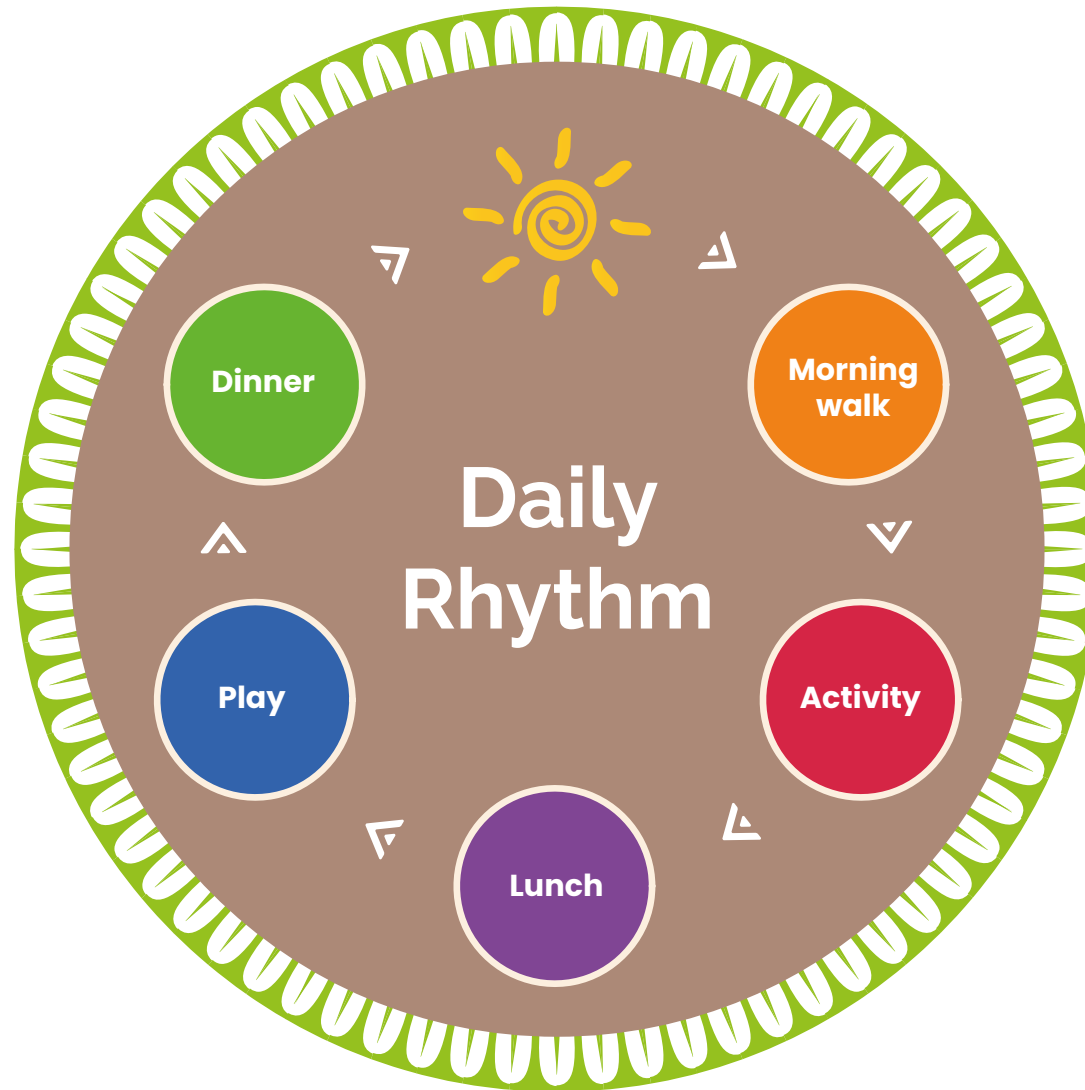
Here you will find some options for a daily rhythm visual, find the one you like and print it, cut it and fill your day there.













# Daily Rhythm

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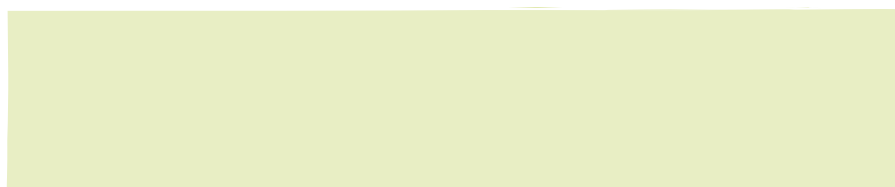
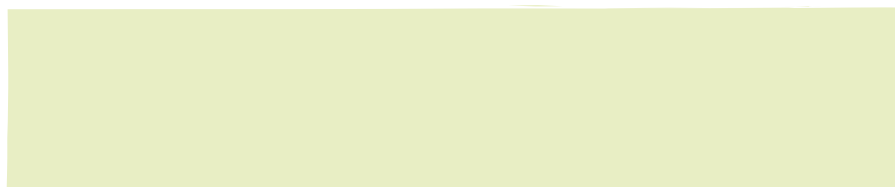
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# Daily Rhythm







# Daily Rhythm

## BREAKFAST

- Set the table
- Wash the dishes
- Morning verse

## CIRCLE TIME

- Gathering song
- Dance and sing
- Story time
- Closing verse

## ART + CRAFT

- M - Paint
- W - Draw
- F - Bake
- T - Clean
- Th - Yarn

## LUNCH

- Wash hands
- Clear table
- Make lunch

## PLAY

- Have fun

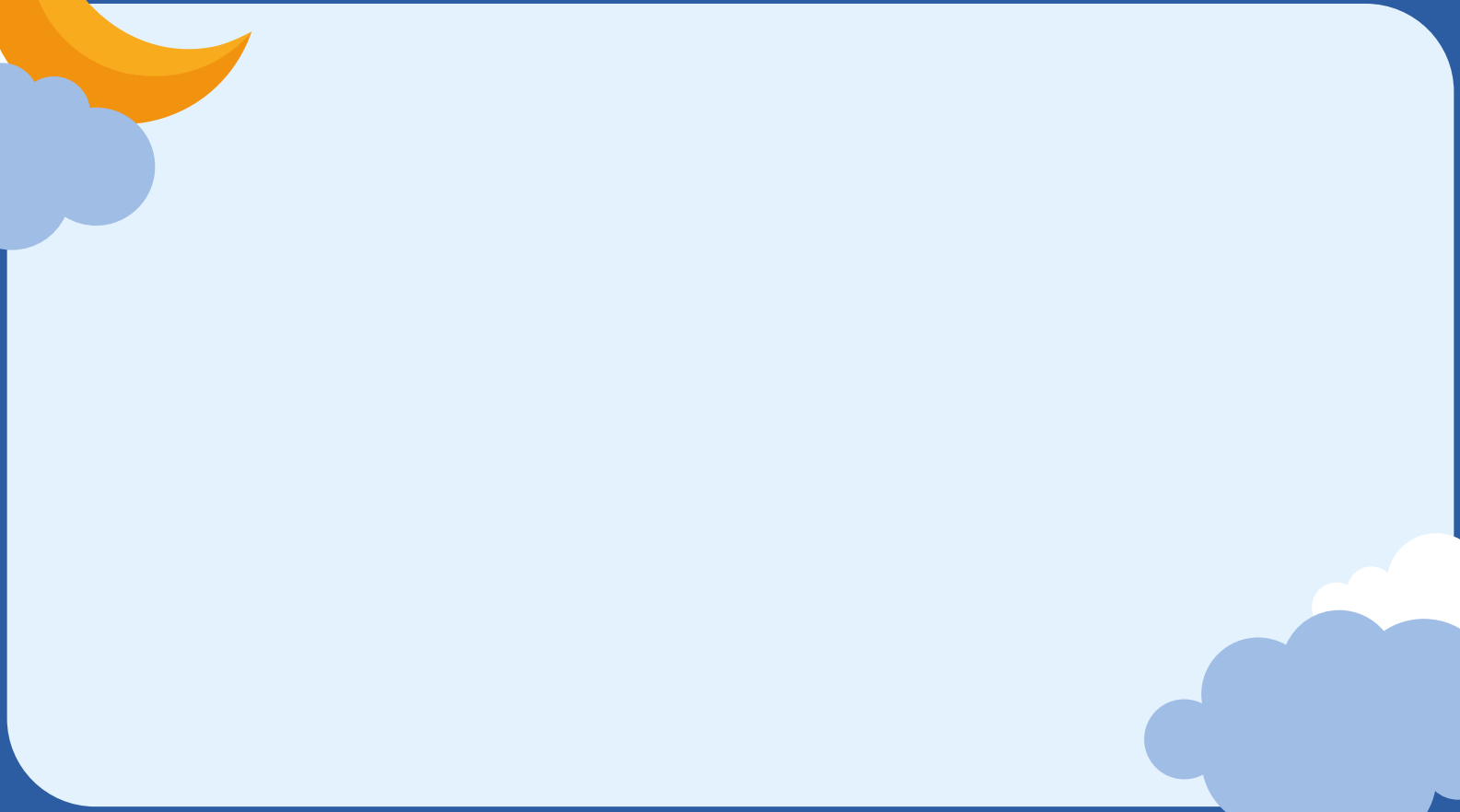
## EVENING RITUAL

- Clean up
- Bath
- Dinner time
- Books





# Daily Rhythm





# Daily Rhythm

Breakfast

Read books

Play

Lunch

Activity

Play

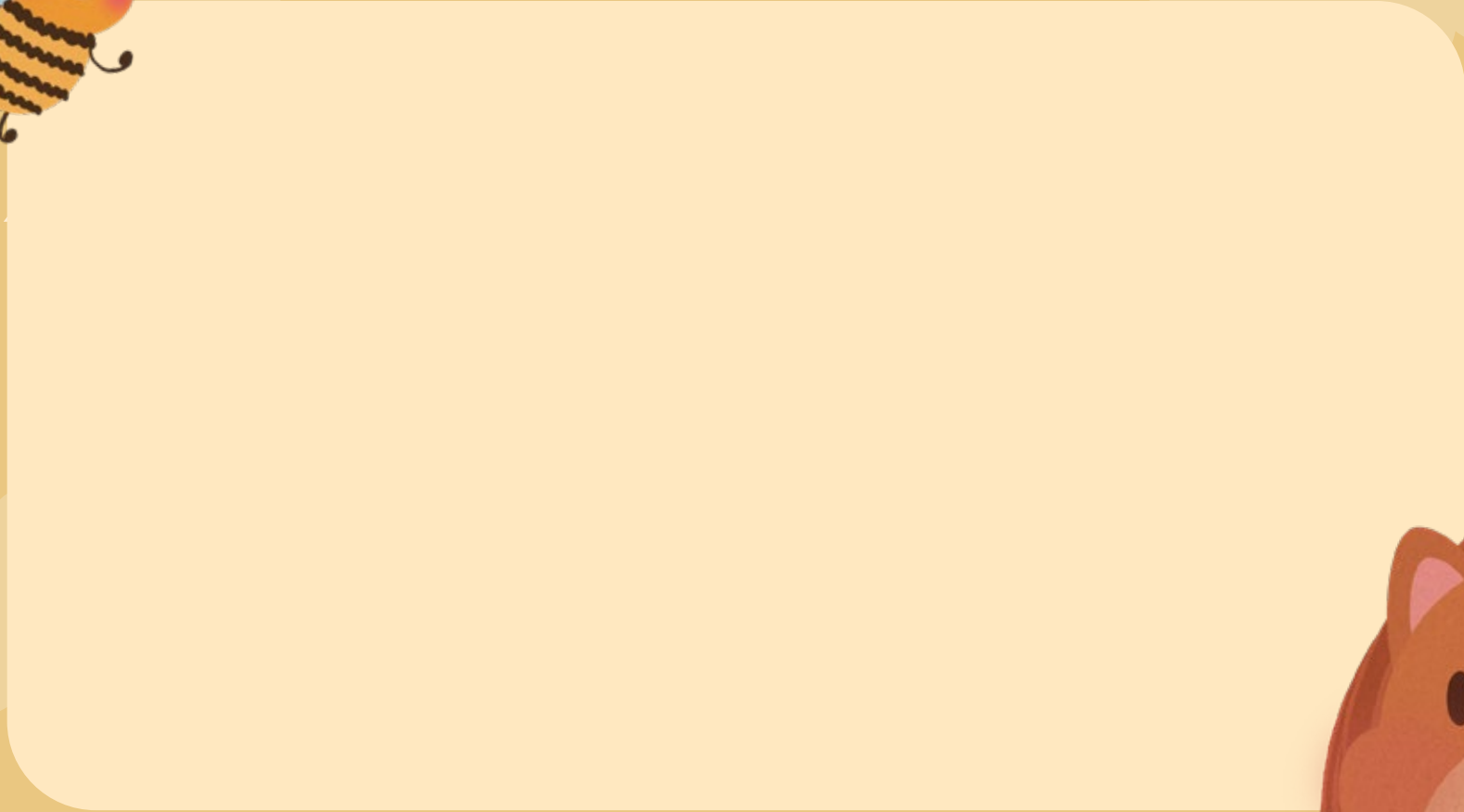
Dinner

Bath

Bedtime



# Daily Rhythm





# Daily Rhythm

Breakfast

Read books

Play

Lunch

Activity

Play

Dinner

Bath

Bedtime



# Seasonal Rhythms

Here are a few daily rhythm outline  
of seasonal inspiration



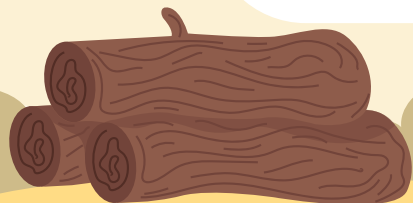


# Daily Rhythm





# Daily Rhythm

A large, white, rounded rectangular area in the center of the page, intended for writing or drawing. It is surrounded by a light yellow background with wavy patterns.





# Daily Rhythm

A large, empty white rounded rectangle with a soft drop shadow, serving as a space for writing or drawing.



# Daily Rhythm

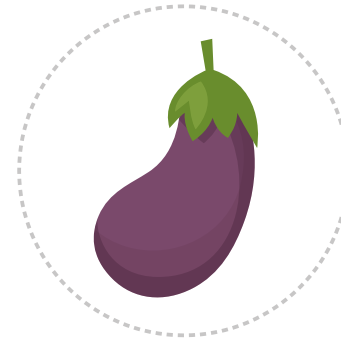
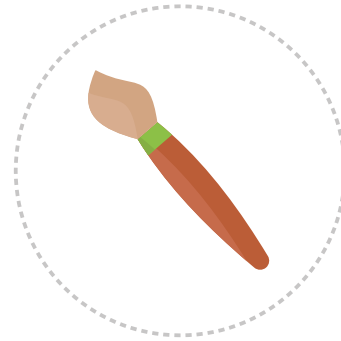
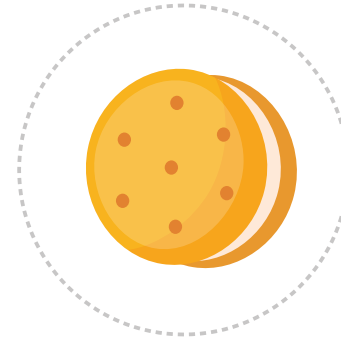
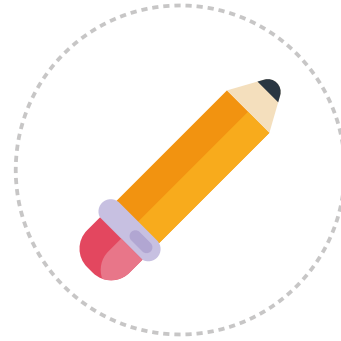
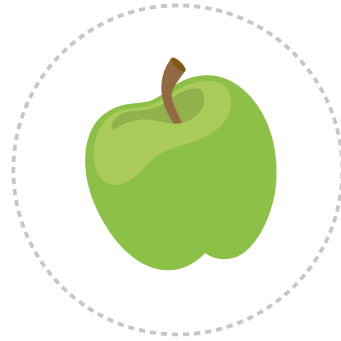
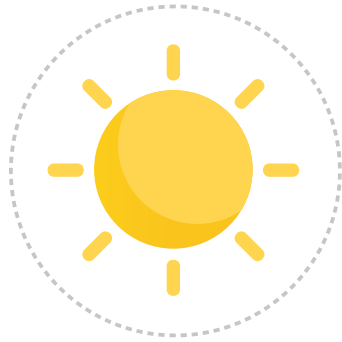
A large, white, rounded rectangular area in the center of the page, intended for writing the daily rhythm.

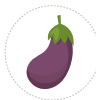
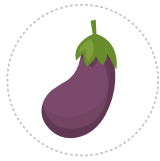
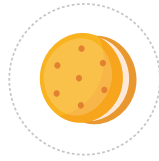
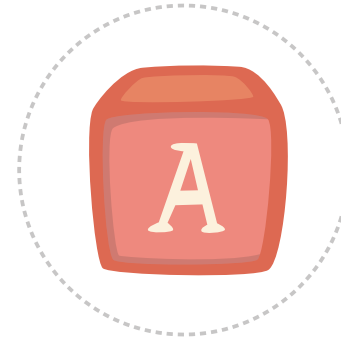
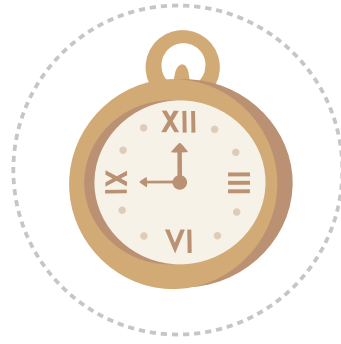
# Adaptable Rhythm Pieces

The following pages are meant to provide you with  
“moving pieces” to your daily rhythm





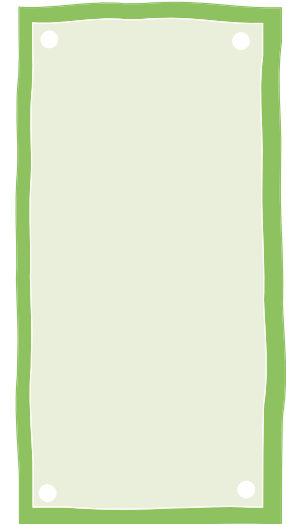
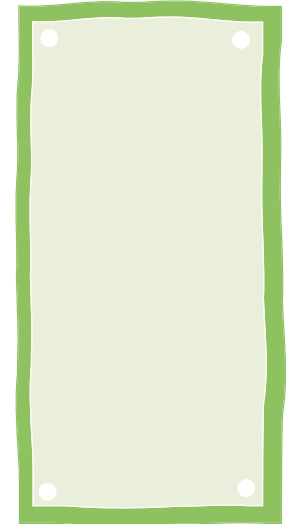


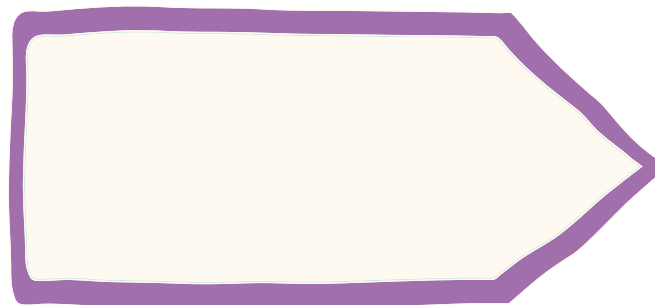
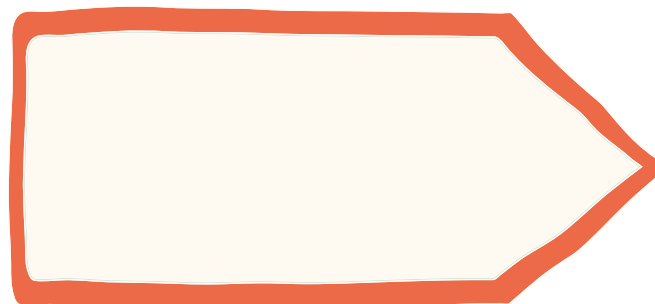












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