



# 2 YEAR OLD ROUTINE

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**7:30 am | Wake Up**

**8:30 am | Free play**

**9:00 am | Independent play**

**10:00 am | Outside play and snack**

**10:45 am | Indoor activity**

**11:15 am | Free play**

**12:00 pm | Lunch**

**12:30 pm | Wind down to nap**

**1:00 pm | Nap**

**4:00 pm | Wake up and snack**

**4:30 pm | Free play, TV, or calm activity**

**5:30 pm | Dinner**

**6:00 pm | Bath and bedtime routine**

**7:15 pm | Bed**