

# *Daily Rhythm*

With the environment in order, we come to the next ring of rhythm: the rhythms of the day. This includes the overall schedule, the specific activities, and the particular qualities of transitions right through our day. There are many ways to structure a rhythmic day, but, however we may structure our day, it is important work with the elements of contraction and expansion, and the quality of the transitions between them.<sup>40</sup>

Once we establish a base rhythm for our days, there is much room to wander and adapt, flexibly meeting both the special occasions and the routine upheavals of life – and to do so without losing the sense of stable ground. Without a stable rhythmic base from which to wander, we have chaos. For the young child, who depends on the experience of wholeness, this is particularly destructive.

Every family will have to find its own rhythm but it can be helpful to look at ways others work with the challenges of family life with young children. Let's begin with Mr. and Mrs. Pre-tend and their two young children. Rhythms for families with children of any age can be built off this base; it is the “base” both in the sense that it is a starting point, and in the sense that, although the order and content may differ at different times and in different families, the same issues are at the center for all.

The Pre-tends work from the basic schedule outlined earlier:

- Rise and have breakfast
- Exercise (walk, yoga, circle, playground) – about 40 minutes
- Short, focused Sensory Integration activity - 5 minutes
- Creative Play – about an hour
- Snack – 20 minutes
- Focused time (story, projects, etc.) - 20-30 minutes
- Outdoor play – about an hour
- Lunch – 20-30 minutes
- Rest – one hour or more
- Adventure (baking, shopping, painting, , etc.) – 30 min to 2 hours
- Snack – 20 minutes
- Outdoor play – one hour or more
- Settling in-time (story, songs, etc.) – 20 minutes
- Dinner – 30 minutes
- Bed Prep – 10-30 minutes (depending on baths)
- Family time (story, songs, etc.) 30 – 45 minutes
- and Bed – timeless!

---

<sup>40</sup> See HTG/Overview/Rhythms/rings/daily