

an introduction to daily 5 am/pm

At celebratePLAY one of our most popular systems is what we call daily 5 am & pm. It is popular because so many little learners respond well to it and Mums find it a system that works for them too. It is a winner!!

Several years ago, we found our morning routine to be somewhat chaotic. After some reflection on what changes, we could make to improve the daily rhythm, we created a system, that we call the daily 5 am/pm.

It involves the completion of 5 set tasks (for both me and the littles, although our tasks vary to one another) before moving into the next part of our daily routine.

Having a catchy name for the system was the catalyst for it working so well.

We didn't start with five tasks. We started with one task and continued this one task until it became a daily habit. We continued to follow this and gradually worked towards the five tasks until all of them become daily habits.

The little one's daily 5 am tasks include:

- Get dressed and PJ's away
- Breakfast
- Brush Teeth
- Chalk Talk (Play based learning) **THIS IS A VERY NEW ADDITION AS IT WAS NOT WORKING WELL IN THE AFTERNOONS!!**
- Shoes and Socks and then Wait at the launch pad when ready

My daily 5 am tasks include:

- Lemon spritzed water
- Skincare/Make UP/Hair
- Household Duties
- Help the littlies with their daily 5
- Update planner and PLAY set up (if needed). Our PLAY space is set up ready to go for when we need it in the afternoon and/or weekend.

The little one's daily 5 pm tasks include:

- Pack away belongings
- Change into PLAY Clothes
- 15 minutes of free PLAY
- Smoothie Time
- Wait in the PLAY area when ready



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My daily 5 pm tasks include:

- Pack away belongings
- Help littlies with their daily 5
- 15min tidy up/Zone Clean
- Smoothie Prep Time
- Set up for evening routine

We have made changes to these tasks over the years....generally when the family has a change of routine eg, school holidays, or change in work commitments or extracurricular events etc

Remember this is a process that will take time...we started with one daily habit and gradually increased it as each step became a daily habit.

If you check out the [daily PLAY Planner](#) (in the shop and in your Daily PLAY Plans) you will see the daily 5 am/pm are listed as a checklist.

If you are giving this system a try, I would love to hear all about it. You can send me an email or message through the socials. And for those that love this...tag me @celebrate_play and I will share it in my Stories.

Happy PLAYing!!

Erin xx

PS...check out the Visual Timetable in the portal – it has a piece for the daily 5 am/pm included so you can add it to your daily routine with ease and confidence 😊

