

Transitions and Routines at Playgroup

Community playgroups come in all shapes and sizes, and that's the beauty of them! Each one is as unique as the families who attend.

Some playgroups are more structured, following a regular routine with planned activities each week. Others are more relaxed, with free play guiding the session. There's no right or wrong way to run a playgroup, they're all wonderful in their own way!

For some children, having more structure and routine can:

- Reduce anxiety
- Help them feel safe and secure
- Make it easier to understand what is happening next



For others, too much structure can feel overwhelming, and a more relaxed, free-play style is a better fit. If your playgroup includes children who thrive with more routine, here are some simple tips for weaving it into your session:

Create a visual schedule

A picture-based or written schedule showing the day's flow helps children understand what to expect, even if they're not yet using words.

Example routine:

- Arrival & free play
- Mat time (songs, stories, etc.)
- Snack time
- Structured activity (e.g. playdough, craft etc.)
- More free play
- Goodbye song

Keeping the structure consistent each session - while changing up the activities - helps build familiarity.

