

A Typical Day in a Finnish Day Nursery

6.00-	Day nursery opens, arrival of children and free play
8.00-8.30	Breakfast
8.30-9.00	Activity of the day. This might include playing in smaller groups, reading aloud or working instructed by an adult in handicrafts, Sapere education, gymnastics/sports, singing or playing music, visiting libraries, parks, museums, etc.
10.00-11.30	Playing outdoors
11.30-12.30	Lunch
12.30-14.30	Afternoon nap, relaxing or playing quietly or instructed by an adult
14.30-15.00	Snack
15.00-16.45	Activity of the day as in the morning. Playing outdoors, children are picked up
17-18.00	Kindergarten closes

A Typical Day in a Finnish Comprehensive School

The total number of lessons per week depends on the age of the children.

- preschool 20 lessons (age 6 years)
- grade 1 and 2 20 (age 7 and 8 years)
- grade 3 22 (age 9 years)
- grade 4 24 (age 10 years)
- grade 5 and 6 25 (age 11 and 12 years)
- grade 7 and 8 29 (age 13 and 14 years)
- grade 9 30 (age 15 years)

One lesson takes 60 minutes of which 15 minutes is reserved for recreation. Lessons are held on Mon-Fri between 8am and 4pm.