

# Daily Schedule

*\*Please note that times and activities may vary slightly based on the needs of the children and the flow of the day.*

## **7:00 AM – 8:00 AM – Arrival & Greeting**

*Children arrive, put away their belongings, wash hands, and join the morning activities*

## **8:00 AM – 8:30 AM – Free Play & Exploration Centers**

*Children explore themed play areas such as blocks, dramatic play, art, books, and sensory bins at their own pace.*

## **8:30 AM – 9:15 AM – Breakfast Time**

*We enjoy a healthy, balanced breakfast together and practice table manners and self-help skills.*

## **9:15 AM – 9:45 AM – Morning Circle Time**

*We come together for songs, stories, calendar, weather, and a fun group activity to start our learning theme for the day.*

## **9:45 AM – 10:30 AM – Outdoor Play or Gross Motor Time**

*Children enjoy fresh air and open space while running, climbing, blowing bubbles, drawing with chalk and exploring nature.*

## **10:30 AM – 11:15 AM – Art & Creative Expression**

*We dive into open-ended art projects using paint, glue, scissors, stamps, and more—encouraging creativity and fine motor skills.*

## **11:15 AM – 11:30 AM – Story Time & Language Development**

*A calm moment before lunch to read books together, build vocabulary, and encourage a love of stories.*

## **11:30 AM – 12:30 PM – Lunch Time**

*A nutritious, home-style meal is served. Children are encouraged to try new foods and develop independence.*

## **12:30 PM – 2:00 PM – Rest or Quiet Time**

*Children nap or rest quietly with soft music. Non-nappers may engage in quiet table activities.*

## **2:00 PM – 2:30 PM – Snack Time**

*We enjoy a light snack together and talk about our afternoon plans.*

## **2:30 PM – 2:45 PM – Music & Movement**

*Time for dancing, instruments, movement games, or yoga to get energy out and lift spirits.*

## **2:45 PM – 3:15 PM – Small Group Activities**

*Targeted learning time with puzzles, matching games, sensory play, early math or literacy games, and one-on-one time if needed.*

## **3:15 PM – 4:00 PM – Outdoor Play or Gross Motor Activities**

*More time for movement - tossing balls, tunnel time, and playing games.*

## **4:00 PM – 4:30 PM – Learning Centers & Educational Play**

*Children explore learning centers that reinforce the week's theme—science, dramatic play, math games, etc.*

## **4:30 PM – 5:00 PM – Circle Time – Recap & Farewell**

*We reflect on our day, share what we enjoyed, sing a goodbye song, and prepare for pick-up.*

