

Sample Preschool Schedule

7:30	Center opens
7:45 – 9:00	Breakfast is available <i>Monday/Wednesday:</i> cereal, fruit, milk <i>Tuesday:</i> eggs, toast, fruit spread, fruit, milk <i>Thursday:</i> bagels with cream cheese, fruit, milk <i>Friday:</i> pancakes, fruit, milk
7:30 - 9:05	Indoor activities: <i>Dramatic play, large/small motor, block construction, computer, writing table, science exploration</i>
9:05 – 9:15	Clean up <i>Children are given ample time to take responsibility for classroom upkeep</i>
9:15 – 10:00	Group time #1 <i>Good morning greeting, information/announcements, calendar, mystery box, homework, stories, math/language development</i>
10:00 – 10:45	Outside play: <i>extension of a.m. activities</i>
10:45 – 11:25	Group time #2 <i>Curriculum-focused small groups: science, math, literacy, etc.</i>
11:25 – 12:05	Outside play: <i>sand/water, gross/fine motor, etc.</i>
12:05 – 12:15	Transition: <i>toileting, hand-washing</i>
12:15 – 12:50	Lunch
12:50 – 1:10	Outside play
1:10 – 1:30	Transition/toileting
1:30 – 3:00	Nap/rest time: <i>story tape, soft music</i>
3:00 – 4:00	Snack available
3:00 – 5:00	Outside play
5:00 – 5:30	Closing group time: <i>informal stories, songs, etc.</i>
5:30	Center closes