

## Sample Daily Schedule for Preschoolers<sup>4</sup>

6:00-7:45	<b>Learning Center Time</b> (all are open)
7:45-8:00	<b>Transition Time</b> <ul style="list-style-type: none"> <li>• Clean up toys, bathroom break, wash hands for breakfast, finger plays if time.</li> </ul>
8:00-8:30	<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Children may leave table when finished and wash hands, brush teeth, engage in quiet activities (e.g., books, puzzles, writing center, etc.).</li> </ul>
8:30-8:45	<b>Circle Time</b> <ul style="list-style-type: none"> <li>• Calendar, weather chart, opening information, finger plays and songs</li> </ul>
8:45-10:00	<b>Learning Center Time</b> (all are open)
10:00-10:15	<b>Transition Time</b> <ul style="list-style-type: none"> <li>• Clean up, bathroom break, wash hands.</li> </ul>
10:15-10:30	<b>Snack</b> <ul style="list-style-type: none"> <li>• Wash hands.</li> </ul>
10:30-11:45	<b>Story or music time</b> <b>Outdoor Play</b> (on bad weather days - active games and exercise)
11:45-12:00	<b>Transition Time</b> <ul style="list-style-type: none"> <li>• Wash hands for lunch, bathroom break as needed.</li> <li>• Finger plays, flannel board stories, or silly songs</li> </ul>
12:00-12:45	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Children may leave table when finished and clean up, go to the bathroom, brush teeth, get ready for nap.</li> <li>• Read stories, sing quiet songs, flannel board stories, recorded stories, puppetry, finger plays and talk pictures as time permits.</li> </ul>
12:45-2:45	<b>Nap</b> <ul style="list-style-type: none"> <li>• Early risers can get up and engage in quiet activities (e.g., quiet table toys).</li> </ul>
2:45-3:15	<b>Transition Time</b> <ul style="list-style-type: none"> <li>• Bathroom break as needed, wash hands.</li> <li>• Snack time, wash hands (take more time if needed).</li> <li>• Sing songs, read stories and finger plays as time permits.</li> </ul>
3:15-4:00	<b>Outdoor Play</b> (on bad weather days – active games and exercise)
4:00-4:15	<b>Circle Time</b> <ul style="list-style-type: none"> <li>• Closing information</li> <li>• Language activity (puppets, books, finger plays, word chart, number chart, news flash, comparison charts, etc.)</li> <li>• Music activity (instruments, chants, dancing, sing songs, musical games, etc.)</li> </ul>
4:15-5:15	<b>Learning Center Time</b> (all are open)
5:15-5:30	<b>Transition Time</b> <ul style="list-style-type: none"> <li>• Clean up toys, bathroom break as needed, musical activities.</li> </ul>
5:30-6:00	<b>Quiet Activities and Parent Pick-up</b> Books, games, table activities, selected learning centers open.

<sup>4</sup> STARS for KIDS NOW Self Study (edited 07-09-01).