

PRESCHOOL DAILY SCHEDULE

7-9AM	Wake Up	Eat breakfast, brush teeth, get dressed, make bed
9-10:00am	Outside	Walk the dog, take a family walk, watch the birds, sidewalk chalk *If raining, Yoga or Go Noodle
10-10:30am	Literacy	letter sounds, work on writing name, match uppercase/lowercase, rhyming words, letter sounds, letter collages
10:30-11am	Math	counting, number recognition, patterns, one to one correspondance, grouping, comparing numbers
11-11:30am	Snack Time + 1 TV Show	Goldfish, graham cracker, cheese stick-- they eat what you serve and that's it
11:30-12:00pm	Fine Motor	Legos, playdough, coloring, drawing, cutting with scissors, threading beads, paint, put stickers on paper
12:00-12:30pm	Lunch	
12:30-1:00pm	Chores	Wipe doorknobs and light switches, clean room/toys, put silverware away from dishwasher, dust furniture, wipe windowsills, match socks
1:00-2:30pm	Quiet Time	In own room: reading, puzzles, nap *NO TV TIME
2:30-3:00pm	Screen Time	ELECTRONICS OK: iPad game, educational TV show, video game
3:00-4:00pm	Outside	Take a walk, bikes, scooters, basketball, sidewalk chalk *If raining, Yoga or Go Noodle
4:00-5:00pm	Free Play	Kids entertain themselves; play with toys *Clean up when finished
5:00-6:00pm	Dinner	
6:00-8:00pm	Wind Down	TV Time, Shower/Bath
8:00-9:00pm	Books + Bedtime	*All kids in own bed