

Sample Daily Schedule

Time (Approx.)	Activity
6:45-7:30	Arrival, Free play, prep for breakfast
7:30 – 7:45	Clean up and hand washing
7:45 – 8:15	Breakfast
8:15 – 8:30	Cleanup, wash, and brush teeth, diaper change
8:30 – 8:45	School age children to the bus stop.
8:45- 9:30	Art, craft, manipulative (beads, blocks, play dough, puzzles)
9:30 – 9:45	Clean up.
9:45- 10:45	Group activities (dancing, music, puppets, stories, etc.
10:45 – 11:00	Wash hands, Snack
11:00 – 12:00	Outdoor play (indoor in inclement weather) large muscles
12:00 – 12:15	Change from outdoor clothing if appropriate, wash up for lunch
12:15-12:45	Lunch
12:45 – 1:00	Cleanup, quiet play
1:00 – 2:00	Rest and naptime (babies rest until 2:30)
2:00 – 2:15	Wake up, toilet time, diaper changes
2:15 – 3:15	Free play
3:15 – 3:30	Wash up for snack
3:30 – 3:45	Snack
3:45 – 4:30	Outdoor play, Arrival of school age children
4:30 – 5:00	Group Activities
5:00 – 5:30	Free play in quiet areas (blocks, puzzles, beads, play dough), departure