



Daily Schedule

Room 102

9:00–9:45 Arrival and discovery time

Students begin the day by removing outerwear, taking out their lunch(if applicable), hanging up their preschool bag, and saying goodbye to their grownups. Students then wash hands and choose an activity of their choice. Concepts of math, literacy, science, art, and fine motor skills are represented during this period of discovery.

9:45-10:00 Movement (Muscle Room or playground)

Students will line up and proceed to the Muscle Room or playground for gross motor movement. Various games and large muscle skills will be introduced throughout the school year, including climbing, balance beam, monkey bars, hopscotch, bowling, basketball, and trampoline jumping. The movement teacher (Shanna Taylor) will explain and demonstrate safe use of equipment.

10:00–10:30 Snack and books/puzzles

All students wash hands before eating. Snack allows students to practice social skills—expressing gratitude for the snack, discussing healthy food choices, food preferences, and connection. Math concepts are often explored as students count, sort, or group foods. After finishing snack, students will sort any waste (garbage, recycling, and compost) and wash hands before proceeding to independently explore books or complete puzzles. Students will use the restroom if needed.

10:30-10:45 Group Time

We gather as a group to greet each other, review the schedule and calendar, and observe the weather. We will also sing songs, perform finger plays, use instruments, and develop discussion skills.

10:45-11:00 Literacy

At the end of group time, I will read a story to the group. Picture books allow for discussions about art, literary themes, and new vocabulary. Students are making inferences, connections to their lives or other stories, and developing reading comprehension skills.

11:00–11:30 Teacher-directed activity and discovery time

Depending on the day, students may join Ms. Rachel for a science, art, math, or cultural activity. Students may choose to participate or use the time working on activities of their choice.

11:30–12:00 Lunch

Students will wash hands and gather for lunch together. Students compare foods, ask for assistance when needed, and begin to learn independence via pouring drinks and/or cleaning up spills when they occur. This is a time to encourage trying new foods and discussing healthy choices. When students finish their meal and have cleaned up, we will begin preparing ourselves for recess.

12:15–1:00 Playground and transition to rest time

Students play on the playground with the entire student body, which allows for children to interact with students from other classes. Students will continue to play on the playground until about 12:45, when they will be brought back to Rm. 102 to wash hands and prepare for rest time

1:00-3:00 Rest time/Nap/Quiet Activities

Students will each have a cot dedicated to them for rest time/nap. We require that a child rest on their cot for at least a half hour, but many will fall asleep during this time. If a child does not fall asleep, they will choose a quiet activity to do while others are napping. One blanket and one stuffed toy is allowed on their cots which will be sent home at the end of each week.

3:00-5:30 Pick-up or after care

Students will be picked up at this time or remain in Rm.102 for aftercare with Grey, another preschool teacher.

