

206 Class Schedule



9:00–9:30

Students begin the day by removing their outerwear, changing to school shoes, hanging up their preschool bag and water bottle, and saying goodbye to grownups. Students wash hands and choose a table or floor activity. Concepts of math, literacy, science, art, and fine motor skills are represented during this period of discovery.

9:30–10:00

All students wash hands before eating. Snack allows students to practice social skills—expressing gratitude, discussing healthy food choices, preferences, and connection. Math concepts are explored as students count or group foods. After finishing snack, students sort waste and wash hands before proceeding to independently explore books, complete puzzles, or journal.

10:00–10:40

We gather as a group for our Morning Meeting to share stories or life events, read a daily poem, sing a song or finger play, and assign job duties. We review our schedule, note the calendar month and day, and observe the weather.

10:45–11:00

Students will line up and proceed to the Muscle Room or playground for gross motor movement. Various games and large muscle skills are introduced, including climbing, balance beam, monkey bars, hopscotch, basketball, and trampoline. Teachers explain and demonstrate safe use of equipment.

11:00–11:30

Students wash hands after returning to the classroom. We gather to hear a chosen story. Picture books allow for discussions about art, literary themes, and unfamiliar vocabulary. Students are making inferences, connections to reading comprehension, phonics, and shared experiences. We also use this time to explore music with rhymes, familiar songs, props, and musical instruments.

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11:30-12:15

Students wash hands and gather for lunch together. This is often a favorite part of the day! Students compare foods and begin to learn independence through pouring drinks and cleaning spills when they occur. Table manners such as waiting until everyone is served, how to ask for more, and how to sit at the table are taught. When students finish their meal and are excused, they appropriately dispose of waste, sort dishes, and wash their hands.

We end our time together with a Closing Circle before going to the playground to join the rest of the preschool community.

1:30-3:00

Students staying for afternoon programming will come inside and ready themselves for a quiet period for 30 minutes. Students can work independently or listen to a mindfulness meditation, story podcast, or teacher read aloud.

After rest, students prepare themselves for afternoon snack. There is a period of exploration and discovery afterward.

3:00-5:30

Students staying for extended day programming will continue activities in Room 101.

Time and order may vary depending on each day, however, each day will have both child-led and teacher-directed activities.