

Room 1's Daily Schedule

8:30-9:00 Breakfast

9:00-9:30 Bathroom and Free Play

9:30-10:00 Gross Motor Room

10:00-10:45 Morning Meeting/Activity

10:45-11:15 Quiet Reading/Puzzles

11:15-11:25 Wash Hands

11:30-12:00 Lunch

12:00-12:45 Bathroom and Toothbrushing

12:45-1:00 Lights out/Wind Down

1:00-3:00 Nap

3:00-3:45 Wake-up, snack, bathroom

3:45-4:15 Music and Movement: free choice play

4:15-4:45 Gross Motor Time (Outside weather permitting)

5:00-6:00 Table Activities/ Quiet Activities