



Simple Daily Schedule at Home - Preschool

- 8:00-9:00: Eat Breakfast together. Wash hands w/soap and water.
- 9:00-9:30: Sing songs, story time, read quietly
- 9:30-10:00: PLAY! Art activity, sensory activity, water play, slime, cutting paper
- 10:00-10:30: Physical activity (Go Noodle exercises), Yoga, Dance
- 10:30-11:00: Do fun Math activities through PLAY - counting, sorting, folding, stacking
- 11:00-11:30: PLAY with Literacy/writing - letter tracing, write name, letter hunt/search
- 11:30-12:00: Eat lunch together. Wash hands w/soap and water.
- 12:00-12:30: Cleanup/brush teeth.
- 12:30-2:30: Nap time
- 2:30-3:00: Snack time. Wash hands w/soap and water.
- 3:30-4:00: PLAY! Read a story, listen to a read out loud audio/video book.
- 4:00-4:30: Have fun with Dramatic PLAY, build with blocks, play store, restaurant, school, or build fort
- 4:30-5:30: Big Body PLAY! Physical Activity - dance, hop, skip, be silly.
- 5:30-6:30: Eat dinner together, talk about the day and what tomorrow will bring. Wash hands w/soap and water. Brush teeth.
- 6:30-7:00: Brush teeth, prepare for bedtime

Please remember, you're doing a great job parents! This schedule is just a suggestion to help you structure your day. Don't worry about sticking to it strictly, if something takes more time, wonderful! If your child isn't interested in an activity, that's ok too. The most important thing our students are getting now is time with you 😊 stay well!