

## **Sample Schedule for 3-year-old room from 8:00-4:00**

**8:00-9:00- Warm welcome to the classroom and free play.** *Children gently acclimate to the school day and make independent play choices upon arrival to school. This is a special part of the day where they greet their friends and teachers and warm up to the school environment.*

**9:00-9:30- Breakfast.** *Children and teachers eat together “family style” to promote healthy eating habits, positive association with mealtime, and practice manners and socialization skills.*

**9:30-9:45 Circle time.** *Children come together and learn about the plans for the school day and practice social and academic skills. Social skills encouraged at circle time include taking turns and listening to one another. Academic skills include identifying the weather, learning months of the year, and counting days of the month.*

**9:45-10:30 Outdoor playtime in our private backyard or roof deck playground.** *Physical activity is a critical part of the school day. Outdoor play allows children to use their whole body to practice body awareness, balance, and coordination. Children have opportunities to throw balls, ride on bikes, and climb the play equipment.*

**10:30-11:30 Center time and independent work time.** *Teachers set up a selection of activities for small groups of children aimed at promoting growth in a variety of areas of development. During this time children also have an opportunity to work 1:1 with a teacher on emergent writing or beginning math skills.*

**11:30-12:00 Lunch time.** *Children again eat “family style” at tables with peers and teachers. Children are often motivated to try new foods when they are with friends who are enjoying the same items. We cook all our meals fresh on site and accommodate allergies and other religious/cultural dietary restrictions.*

**12:00-12:30 Tooth brushing and getting ready for nap.** *Children learn dental hygiene skills, use the bathroom, and practice “making the bed” by putting sheets and blankets on their nap cot.*

**12:30-2:30 Rest time.** *Children have an opportunity to rest. Lights are dimmed and relaxing music plays to support children to relax and rejuvenate. Quiet and calming activities are provided for children who are not able to nap.*

**2:30-3:00 Snack time.** *The children gently transition from rest time to snack time. Lights are raised and children enjoy snacks and chatting with one another at the table.*

**3:00-3:30 Outdoor play time.** *Children visit one of our outdoor play areas and take care of springtime gardens and other fun projects.*

**3:30-4:00 Art and sensory activities.** *We believe that children learn best when their sensory systems are appropriately activated. We provide a range of fun and “messy” activities including paint, play doh, and water tables.*