

Daily Clock-Time Schedule for Pre-school and older



MORNINGS	
6:00 - 8:00	Self-initiated play Arrival of children (morning admission inspection)
8:00 – 8:30	Breakfast Time - Grace
8:30 – 9:00	Attendance and health check (washing hand, restroom break, health check)
9:00 - 10:30	Lessons Time (please see curriculum on parent’s board)
10:30-10:55	Outdoor play (Free play, large muscle motor development)
10:55-11:00	Preparation for Lunch Hand washing, Toileting, Puppets Quiet games, Story book – recordings, “Listening” music, Wellness lessons: nutrition, safety, healthy habits
11:00-11:45	Lunch - Grace This is an opportunity to develop good eating and nutrition habits, to share experiences and thoughts in conversation.
AFTERNOONS	
11:45-12:00	Preparation for resting on cots (Quiet music, perhaps a book)
12:00-2:00	Rest period A rest period helps the child to learn the habit of relaxing. The room will be quiet with only such movement as necessary. The room should be well ventilated and shades drawn. Children will be taught to help put the cots away. Children get up as they awake individually.
2:00-2:15	Preparation for putting away sleeping cots Restroom, wash hands
2:15-3:00	Reading and Story Time
3:00-3:30	Snack time – Grace (snacks from home)
3:30-4:15	Group Activities (Social and cognitive stimulation) Listening Sequence cards, enjoying books, making books, Singing, Puppets, Poetry Matching games, Comparing, building, collections, Clay molding, Book browsing, Painting, Cutting and pasting, Block building, Housekeeping, Puzzles, Woodwork, Crayon – Coloring, Finger Painting, String beads, Talking on play phone, Bean bag games, Sorting materials, “Dress-up” role play
4:15-4:50	Outdoors (if weather permits): Large motor activity
4:50 -5:00	Preparation for departure (clean up time)
5:00-5:15	Snack time – Grace (snacks from home)
5:15-6:00	Departure Time: Quiet table play (Books, music, movie, story, puzzles, tablets, table talk, coloring etc)