



## Daily Clock-Time Schedule For Toddlers & Early Preschool

<b>MORNINGS</b>	
6:30 - 8:00	<b>Self-initiated Free play</b> - Arrival of children (morning admission inspection)
8:00 – 8:30	<b>Breakfast Time</b> - Grace
8:30 – 9:00	<b>Potty, Diaper, Attendance and Health Check</b>
9:00 – 9:45	<b>Lessons Time</b> (guided activities social and cognitive stimulation): Nursery rhyme song, Stories, Finger plays, colors, Body movement activities Rhythms and songs
9:45 - 10:15	<b>Outdoor play</b> (Free play, large muscle motor development)
10:15 – 10:30am	<b>Handwashing</b> (this is the way we hand our hands – song)
10:30-10:40	<b>Preparation for Lunch</b> Hand washing, Toileting, Story book - recordings “Listening” to music
10:40 -11:15	<b>Lunch</b> – Grace. This is an opportunity to develop good eating and nutrition habits, to share experiences and thoughts in conversation. Children will be given the opportunity to engage in such activities as: Using table manners
11:15 -11:30	<b>Handwashing</b> (this is the way we hand our hands – song)
11:30 -11:45pm	<b>Potty, Diaper, Attendance</b>
<b>AFTERNOONS</b>	
11:45-12:00	<b>Preparation for resting on cots</b> (Quiet music, perhaps a book)
12:00-2:00	<b>Rest period</b> This time helps the child to learn the habit of relaxing with lullaby playing in background. The room is quiet with only such movement as necessary with ventilation and shading. Children are taught to help put the cots away and get up as they awake individually.
2:00-2:10	<b>Preparation for putting their cots away</b>
2:10-2:30	<b>Potty, Diaper, Attendance</b>
2:10-2:30	<b>Handwashing</b> (this is the way we hand our hands – song)
2:30-3:00	<b>Snack time</b> – Grace (snacks from home)
3:00-3:15	<b>Handwashing</b> (this is the way we hand our hands – song)
3:15-3:45	<b>Group Activities</b> (Lesson plan/social and cognitive stimulation) Daily group time: Nursery rhyme song, Stories, poems Finger plays, Body movement activities Rhythms and songs, Painting, coloring
3:45-4:00	<b>Potty, Diaper, Attendance</b>
4:00-4:45	<b>Outdoors</b> (if weather permits) Large motor activity
4:45-5:00pm	<b>Handwashing</b> (this is the way we hand our hands – song)
5:00-5:15	<b>Snack time</b> – Grace (snacks from home)
5:15-6:00	<b>Departure time Quiet - Potty, Diaper, Attendance</b> table play (Books, music, movie, story, puzzles, tablets, table talk, coloring etc.)