



## Typical Full Day Schedule for School Age

<b>6:30</b>	<b>Center Opens/ Greeting/ Free Choice*</b>
<b>6:30-8:30</b>	<b>Routines**/Breakfast/Free Choice*</b>
<b>8:30-9:00</b>	<b>Free Choice *</b>
<b>9:00-11:00</b>	<b>Activity Time (minimum of 4 planned activities) or Scheduled field trip</b>
<b>11:00-11:45</b>	<b>Outside Play***/Indoor Vigorous Activities</b>
<b>11:45-12:00</b>	<b>Cool down-Quiet activities</b>
<b>12:00-12:30</b>	<b>Routines**/Lunch</b>
<b>12:30-2:00</b>	<b>Rest Time /Quiet Activities</b>
<b>2:00-2:30</b>	<b>Routines**/Snack</b>
<b>2:30-3:30</b>	<b>Free Choice*</b>
<b>3:30-4:30</b>	<b>Afternoon Group time/ Teacher-directed age appropriate activities</b>
<b>4:30-5:00</b>	<b>Outside Play***/Indoor Vigorous Activities</b>
<b>5:00-6:00</b>	<b>Free Choice*-Activity areas, projects, games, etc./Prepare for Departure</b>

- Arrivals and Greeting: Greet children individually. Take notice of any change in escort arrangement. Teacher conducts morning health inspection.
- \*Free Choice: Children participate in activities of their choice. Staff supervises these activities, providing guidance that will lead to a successful experience. The block center, writing center, science center, art center, dramatic play, manipulative center, music center, book/listening center and computer are all open for play.
- Clean-up: Give children advance notice that clean-up time is approaching. Suggest they complete their activities and prepare to help put up equipment. Encourage all children to participate.
- \*\*Routines: Toileting - bathroom as needed to toilet and wash hands. Hand washing ~ children should wash hands upon entering the room, after toileting after messy activities and before and after eating. Children have schedule bathroom breaks: however, they may use the restroom on an as needed basis.
- Meals/Snacks: Teachers sit with children and encourage socialization among children while they are eating.
- Group Time: Informal discussions, story time, presentation of concepts, special visitors, etc.
- \*\*\*Outside Play- weather permitting. When the weather is too hot or too cold, outside play may be limited to 15 minute intervals and supplemented with "Indoor Vigorous Activities."
- Schedules may vary depending on individual routines and fieldtrips.