



## Daily Schedule

### **8:30-9:15 am – Arrival, and Free play**

- Time for children to explore the classroom, play with toys, and socialize with their classmates. Free play time will be offered every day so that children can use their imaginations.

### **9:15-9:45 am – Circle and Calendar Time**

- Time for the class to come together and participate in activities such as singing songs, reading stories, and learning. This is also a time for children to learn to take turns and listen to others. Children get to know all their classmates and practice communication skills.

### **9:45-10:00 am – Snack Time**

- Children will need a healthy snack to tide them over until lunchtime. This is also a good time for children to practice good hygiene habits, such as washing their hands before eating.

### **10:00-11:00 am – Small Group Learning, Centres and Art**

- Small group activities are more focused and can be used to teach children specific skills such as colors, letters, shapes, age-appropriate math, and science activities.

### **11:00-12:00 pm – Outdoor Play**

- Fresh air and exercise are important for children of all ages. Being outdoors also gives children a chance to explore their environment and use their imaginations.

### **12:00-12:30 pm – Lunchtime**

- Parents pack a lunch for their children.

### **12:30-1:00 pm – Quiet Play**

- Time for children to do calm activities such as reading, board games, puzzles, or coloring. Quiet time gives children a chance to wind down.

### **1:00-1:30 pm – Rest Time**

- Time for children to sleep or rest. Some preschoolers still need a nap. If a child does not want to nap, quiet activities such as reading or coloring are substituted.

**1:30-2:30 - Afternoon Activity**

- Time for more focused activities such as arts and crafts, learning to write their name, or practicing numbers. These activities help children review what they have learned in the morning.

**2:30-2:45 pm – Snack Time**

- Another chance for a healthy snack to support their energy for the remainder of the day. This is also a good time for children to practice good hygiene habits, such as washing their hands before eating.

**2:45-3:45 – Outdoor Play**

- Another opportunity for active outdoor play and as well as a chance to work on their gross motor skills and social development with other children.

**3:45-4:30 pm – Free Play, Clean Up & Pick Up Time**

- Time to wind down and have fun with their friends. Parents will start coming around this time to pick up their children.