



SAMPLE TYPICAL DAILY SCHEDULE OF ACTIVITIES

INFANT AND TODDLER		PRE-SCHOOL		SCHOOL-AGE	
6:00-7:00	Arrivals/free choice activities: stacking toys, push-pull toys, mobiles, busy boxes, books, etc.	6:00-7:00	Arrivals/free choice activities: puzzles, books, dramatic play, legos, art supplies, etc.	6:00-7:00	Arrivals/free choice activities: books, puzzles, games, etc.
7:00-7:30	Breakfast	7:00-7:30	Breakfast	7:00-7:30	Breakfast
7:30-8:30	Quiet play for toddlers/visual stimulation activities with infants	7:30-8:30	Free choice: blocks, play-dough, puppets, cars and trucks, etc	7:30-8:30	Free choice: building toys, video games, computer, etc.
8:30-10:00	Naps for infants/story time, music and dancing for toddlers	8:30-10:00	Story time, music and dancing, finger plays, sharing, free choice activities.	8:40	Depart for school
				8:30-10:00	If summer or in-service days: Books, music tapes and dancing, puzzles, games
10:00-10:30	Snack	10:00-10:30	Snack	10:00-10:30	Snack
10:30-11:00	Outside play (or active play inside, if inclement weather)	10:30-11:00	Outside play (or active play inside, if inclement weather)	10:30-11:00	Outside play (or active play inside, if inclement weather)
11:00-12:00	Free choice activities for toddlers; floor play with infants	11:00-12:00	Free choice activities/lunch preparation	11:00-12:00	Free choice activities/lunch preparation
12:00-12:30	Lunch	12:00-12:30	Lunch	12:00-12:30	Lunch
12:30-1:00	Clean-up/transition to naps	12:30-1:00	Clean-up/transition to naps	12:30-2:30	Free choice activities in family room away from nappers: board games, construction toys, books, etc.
1:00-2:30	Nap	1:00-2:30	Nap (quiet activities for non-nappers or early riser: play-dough, books)	2:30-3:00	Visit with waking infants and toddlers
2:30-3:00	Wake up slowly with soft music, hugs, etc.	2:30-3:00	Wake up slowly with soft music, hugs, etc.	3:00-3:30	Snack (return from school on school days)
3:00-3:30	Snack	3:00-3:30	Snack	3:30-4:00	Outside play (or active play inside, if inclement weather)
3:30-4:00	Outside play (or active play inside, if inclement weather)	3:30-4:00	Outside play (or active play inside, if inclement weather)	4:00-5:00	Art activities; painting, drawing, collages, etc.
4:00-5:00	Discovery play for infants/simple art activities for toddlers	4:00-5:00	Art activities; painting, drawing, collages, etc.	5:00-6:00	Free choice activities/departures for some/dinner preparation
5:00-6:00	Free choice activities/departures for some/ dinner preparation	5:00-6:00	Free choice activities/departures for some/dinner preparation	6:00-6:30	Dinner
6:00-6:30	Dinner	6:00-6:30	Dinner	6:30-7:30	Quiet activities (Outside play 6:30-7:00 during summer months)
6:30-7:30	Quiet activities (rocking, soft music, talking, singing, stories, etc)	6:30-7:30	Quiet activities (Outside play 6:30-7:00 during summer months)	7:30-8:00	Evening snack, brushing teeth, bedtime stories
7:30-8:00	Evening snack, brushing teeth, bedtime stories	7:30-8:00	Evening snack, brushing teeth, bedtime stories	8:00-8:30	Bedtime (as requested by parents)
8:00-8:30	Bedtime	8:00-8:30	Bedtime		

REMEMBER:

- Alternate active and quiet play.
- Alternate group and individual play.
- Provide toys and activities that are age/developmentally appropriate.
- Provide 20 minutes of vigorous physical activity every 3 hours
- Provide choices whenever possible.
- Do not rush children at meal and snack times.
- Allow time to transition from one activity to the next.
- Encourage children's independence by allowing them time to "do it themselves".