Lab 4: Program for 3’s, 4’s and 5’s

Daily Schedule

7:30-9:45 – Arrival and self-selection
During this time, children will arrive and settle in for the day. They begin to learn as they have an opportunity for play during this time. This choice time gives the children an opportunity to engage and explore a variety of activities including: manipulation of small objects, discovery of cause and effect through science activities, and time to play and socialize with peers. You will see the children engaged in activities such as sensory play, using fine motor skills to button a doll dress, or using imaginary play to explore various roles people play in the world around them through dramatic play. When self-selection time is finished, children clean up their toys and materials and transition to snack.

9:45-9:55 Clean-up and Story time
Story time helps children calm their bodies and their minds before transitioning to snack.

9:55-10:15 – Snack
Snack is an important time to give children a break in their active day. During snack, children have a chance to learn about good nutrition and table manners. Snack time is also a time to develop social skills while eating and visiting with each other. After snack is finished, the children will transition to tooth brushing.

10:15 – 10:35 Large group
Large group activities help children to learn to follow directions and work together in a large group setting. The ability to listen and follow directions in a large group setting helps children prepare for a kindergarten setting. A variety of activities are used to help children develop these skills including songs, finger plays, stories, theme activities and games.

10:35- 10:55 Small group
Small group activities help children to learn to follow directions and work together in a small group setting. Children work in groups of about 6 children with 1 teacher. At this time teachers work on specific goals like cutting, writing and counting.

10:55-11:35- Outdoor time
When children participate in outdoor play, they have a time to extend their learning from the classroom to outside. Children might look for insects, observe changes in the season, or participate in large motor activities such as climbing, riding bikes, or playing ball.

11:35 - 12:05 – Self-Selection
The children have the opportunity to choose something to do in select areas of the room. They may choose manipulatives, the art area, writing/book center or the sand/water table. After free choice time children clean up and transition to the lunch table.
12:05-12:15 – Clean-up and Quiet Activity to prepare for lunch

12:15-12:50 – Lunch (This time also includes going to the bathroom after lunch and choosing a book to look at during rest time.)

12:50-1:25 Play time in the group time area
The children may bring toys from the manipulatives toy shelves to play with on the carpet. This is a quiet play time.

1:25-1:45 or 2:00 Story Time
Children will develop their listening and attending skills as they listen to a story.

1:45-2:50 Rest time
Children will have time to rest, relax and refresh during this time. The children may not fall asleep, but each child is expected to rest quietly in their cot. At 2:30, the children are allowed to be off their cots and the teacher provides a quiet activity for them to do. At 2:35 the children who are awake begin snack.

3:00-3:30 – Afternoon snack and Tooth brushing
During this time children brush their teeth and learn about good dental hygiene. Each child has his/her own toothbrush that is replaced monthly.

3:30-4:20 Afternoon free play

4:20-4:30 Song time
The students love song time – especially singing songs with funny words or actions. Song time also teaches such concepts as time, rhythm, patterns, and rhyming. It is also beneficial for language development, turn taking and following directions.

4:30-5:30 – Outdoor (weather permitting)/ Game/Book Time