

Lab 3: Program for 3's, 4's and 5's

Daily Schedule

7:30 – 9:00: Arrival and Self-Selection

*** 7:30 – 8:00: Activity Bins/ Table Toys**

The children have the opportunity to choose something to do at the tables or carpet. The variety of activities will be available including manipulatives, art and writing. After this time children clean up and transition to free play.

***8:00 – 9:00: Free Play**

During this time, children will settle in for the day. Learning happens through play and free play allows children to self-select in a variety of activities arranged in play-based centers including math and manipulatives, science, and writing. You will see children engaged in activities such as sensory play, using fine motor, and imaginative play to explore various roles people play in the world around them through dramatic play.

9:00 – 9:10: Clean Up and Transition to Morning Meeting

Children clean up their toys and materials in order to transition to Morning Meeting.

9:10-9:20: Morning Meeting

Children and teachers come together to greet one another, sing a song, discuss the schedule for the day, and attend to the days class room jobs. At this time the Star of the Week will share their items/stories with the class. Children will be dismissed to wash hands for snack when Morning Meeting ends.

9:20-9:40: Morning Snack

Snack is an important time allowing children to have a break in their active day. During snack, children have a chance to learn about healthy nutrition and table manners. Snack is also a time to develop social skills while eating and talking with each other. As children finish snack at their own pace, they will wash hands and then choose to read before going outdoors.

9:40-10:15: Outdoor Play (Atrium Play during inclement weather)

When children engage in outdoor play, they have 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. Seasonally, children will engage in gardening, mud and water play, as well as using indoor materials outdoors.

10:15-10:35: Large Group

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

10:35 – 11:55: Small Group and Free Play

Small group activities help children learn to follow instructions and work together in a small group. Children work in varied sized small groups based on the specific goals to be addressed during that time that align with the individual learning goals of the children. Children who are not engaged in a small group activity will choose freely from available learning centers.

11:55 – 12:40: Lunch

Children will clean up their free play centers, wash hands, and will be handed their place setting at the cart to take to their name spot at their table. Lunch is served family style allowing children to serve themselves and practice table manners. Children work on using utensils, appropriate conversations, and self-help skills such as cleaning up after lunch.

12:40 – 1:00: Rest Time Transition

Children are engaged in finishing their lunch, using the restroom and reading independently at their cots. When the majority of the children are ready, they listen to a story read by the teachers. At the end of the story the lights are turned off and children are expected to rest on their cots quietly.

1:00 – 2:30: Rest Time

Children need time to rest, relax, and refresh during this time. While some children do fall asleep, many do not at this age, however, children are expected to rest quietly or work on a quiet, calm activity (such as reading or puzzles) on their cot.

2:30 – 2:55: Afternoon Snack and Tooth Brushing

Snack is an important time allowing children to have a break in their active day. During snack, children have a chance to learn about healthy nutrition and table manners. Snack is also a time to develop social skills while eating and talking with each other. Once children finish snack, they brush their teeth and learn about good dental hygiene. Each child has their own toothbrush that is replaced monthly.

2:55 - 4:30: Free Play

During this time, children will settle in for the day. Learning happens through play and free play allows children to self-select in a variety of activities arranged in play-based centers including math and manipulatives, science, and writing. You will see children engaged in activities such as sensory play, using fine motor, and imaginative play to explore various roles people play in the world around them through dramatic play. At the end of free play, children clean up and transition to the outdoors.

4:30-5:30: Outdoor Play (Atrium Play during inclement weather)

When children engage in outdoor play, they have 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. Seasonally, children will engage in gardening, mud and water play, as well as using indoor materials outdoors. Depending on the time of year, children may come in at dusk, around 5:00, and engage in activity bins until they are picked up by 5:30.