

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

### Daily Schedule

#### **7:30-9:30 – Arrival and self-selection**

During this time, children will arrive and settle in for the day. This self-selected learning 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.

#### **9:30-9:40 - Clean-up and transition to morning meeting**

When self-selection time is finished, children clean up their toys and materials and transition to morning meeting.

#### **9:40-9:50 – Morning Meeting**

During this time children and teachers will come together to greet one another, and go over class room jobs. At this time the Star of the Week will be able to share their item/story with the class. As the morning meeting finishes children will be dismissed to wash hands for snack.

#### **9:50-10:15 – 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. As children finish snack at their own pace they will wash hands then may choose to read, dance, or play instruments in the large group space.

#### **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 classroom. 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. Teachers work on specific goals that vary throughout the year. These goals would include such skills as writing, counting, and cutting.

**10:55-11:50 - Outdoor time (Atrium 10:35 – 11:10)**

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.

**11:50 - 12:15 – Songs or stories**

Stories and songs help children calm their bodies and their minds before transitioning to lunch.

**12:15-12:55 – Lunch**

This time also includes going to the bathroom after lunch and choosing a book to look at during rest time.

**12:55 – 1:15 - Book reading and Toileting**

This is the transition into rest time. Children will be finishing up their lunch, using the restrooms and reading independently. At 1:00 children will gather as a group to listen to a story.

**1:15-2:45 - 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 or do a quiet, calm activity while resting on their cot.

After 30 minutes, children who are awake may put away their rest time items and start using their individual bins.

**2:45 – 3:10 – 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.

**3:10-4:30 - Afternoon Self-Selection**

This time gives 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 outdoors.

**4:30-5:30 – Outdoor (weather permitting)/ Games/Reading (Atrium 4:45-5:15)**

Weather permitting, this is a time to engage in large motor, games, and exploration as well as art/painting, dramatic play, sensory, and science as our outdoor area is very much like our indoors.