

Preschool Full Day Schedule

Ages 3–5

Hours of Operation 7:30 AM – 5:30 PM

●ARRIVAL & TRANSITIONS●MEALS & SNACKS●ACTIVE & OUTDOOR PLAY●LEARNING & GROUP TIME●REST

7:30–8:30 AM

ARRIVAL

Arrival

Children arrive and begin their day. Teachers greet families and conduct health checks as children transition into the classroom.

8:30 AM

MEAL

Breakfast / Morning Snack

Children share a healthy breakfast or morning snack, with a focus on self-help skills such as serving, cleaning up, and handwashing.

9:00 AM

OUTDOOR

Outdoor Learning & Gross Motor Play

Outdoor playtime including sandbox play, gardening, nature exploration, and gross motor activities.

10:30 AM

LEARNING

Indoor Learning Centers

Small-group activities including art, dramatic play, literacy, blocks, and the sensory table.

11:30 AM

GROUP TIME

Circle Time / Music & Movement

Group songs, stories, the daily calendar, and discussion of the learning theme, followed by a transition to lunch with handwashing.

12:00 PM

MEAL

Lunch

A family-style meal that promotes social skills, manners, and nutrition awareness.

12:45 PM

TRANSITION

Transition to Rest

Toileting, calming music, or a short story before nap time.

1:00 PM

REST

Nap / Rest Time

Quiet rest on mats; early risers engage in quiet reading or table play.

2:30 PM

MEAL

Afternoon Snack

A light snack and transition to afternoon activities.

3:00 PM

CHOICE PLAY

Indoor / Outdoor Choice Play

Children choose indoor learning centers or outdoor play stations based on interest, with teachers facilitating exploration and enrichment.

4:15 PM

GROUP TIME

Closing Circle Time

Day reflection, music, and a daily wrap-up.

5:30 PM

DEPARTURE

Departure / Learning Centers

Families pick up their children, who engage in calm activities while waiting.