

Preschool Full Day Schedule

Ages 3–5

Hours of Operation 7:30 AM – 5:30 PM

7:30–8:30 AM	Arrival Children arrive and begin their day. Teachers greet families and conduct health checks as children transition into the classroom.
8:30 AM	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 Learning & Gross Motor Play Outdoor playtime including sandbox play, gardening, nature exploration, and gross motor activities.
10:30 AM	Indoor Learning Centers Small-group activities including art, dramatic play, literacy, blocks, and the sensory table.
11:30 AM	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	Lunch A family-style meal that promotes social skills, manners, and nutrition awareness.
12:45 PM	Transition to Rest Toileting, calming music, or a short story before nap time.
1:00 PM	Nap / Rest Time Quiet rest on mats; early risers engage in quiet reading or table play.
2:30 PM	Afternoon Snack A light snack and transition to afternoon activities.
3:00 PM	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	Closing Circle Time Day reflection, music, and a daily wrap-up.
5:30 PM	Departure / Learning Centers Families pick up their children, who engage in calm activities while waiting.