

# Early Childhood Sample Daily Schedule

Time	Activity
Before 9:00 am	<b>Wake up:</b> Make your bed, eat breakfast, brush your teeth, get dressed, and get ready for an awesome and productive day!
9:00 am - 10:00 am	<b>Morning Outdoor/Active Time:</b> Take dog for a walk, share exercises learned at school, try some yoga, access Go Noodle on YouTube
10:00 am - 10:45 am	<p><b>Academic Activity:</b>  <b>Wednesday</b> - collect loose coins around the house; create a “menu” that can be changed for each meal and write how much each item costs, students count out the change for how much each item is  <b>Thursday</b> - mystery bag; hide objects in a bag, give three clues to try to guess what is in the bag, take turns being the hider/guesser  <b>Friday</b> - use a magazine or newspaper and a marker; pick a letter and circle as many of the letters as you can find, take turns picking different letters</p> <p>* All activities, especially Wednesday and Thursday of this week, should be made as challenging as is appropriate for your child. Example - for Wednesday, consider which of these your child is ready for at this time, should they be “charged” 5 pennies (one to one counting), 25 cents (what coins are worth) or 48 cents (adding multiple coins together) for a banana at breakfast? By doing this activity a couple times a day students will be getting regular practice in small increments - very helpful for long-term skill development and retention!</p>
10:45 am - 11:00 am	<b>Break</b>
11:00 am - 12:00 pm	<p><b>Play Activities:</b>  Legos, open-ended art, blocks, magna-tiles, dramatic play, board games</p>
12:00 pm - 1:00 pm	<b>Lunch:</b> Take time to eat lunch. Include physical activity during this time. Complete a household chore
1:00 pm - 2:00 pm	<p><b>Quiet Time:</b>  Rest period, listening to recorded books, read a new chapter book with a grown up, work on a puzzle</p>
2:00 pm - 2:45 pm	<p><b>Writing Activity:</b>  <b>Wednesday</b> - make a list of things you might like to do while school is closed  <b>Thursday</b> - make a picture and/or letter for a person you may be missing right now - don’t forget to mail it or take a picture and send it electronically!</p>

	<b>Friday</b> - use sticky notes to label items in your home
2:45 pm - 3:30 pm	<b>Afternoon Outdoor/Active Time:</b> Ride bikes, shoot baskets, try new games, plan a fairy garden
3:30 pm - 4:00 pm	<b>Electronic Academic Time:</b> <a href="#">Mystery Science</a> <a href="#">Scholastic</a> <a href="#">ABC Mouse</a> <a href="#">Squiggle Park</a> * There are many apps and resources available; we will share new ones each week <a href="#">Click here for the free access code for ABC Mouse</a>  <a href="#">Free Comcast Internet Access</a>  <a href="#">Additional Educational Resources</a>
4:00 pm - 8:00 pm	<b>Personal Time:</b> Use this time to finish chores, spend time with your family, “Face-Time” friends, go outside, exercise, “Online Game” with friends, work on passions, eat dinner, and relax.
8:00 pm	<b>Lights Out:</b> PJs on, teeth brushed, Lights out! Get a good night's sleep.