

## Preschool (Ages 3-5)

### **6:00 AM - 8:00 AM: Early Arrival and Free Play**

- Children arrive and engage in free play activities.
- Parents/guardians sign in.
- Quiet activities such as puzzles, books, and drawing are available.

### **8:00 AM - 8:30 AM: Breakfast**

- Nutritious breakfast provided.
- Children are encouraged to practice self-help skills during meal times.

### **8:30 AM - 9:00 AM: Morning Circle Time**

- Group gathering for songs, stories, and discussion of the day's activities.
- Calendar and weather discussions.
- Introduction to the day's theme or special activities.

### **9:00 AM - 10:00 AM: Learning Centers and Activities**

- Rotating centers including art, science, math, literacy, and sensory activities.
- Hands-on, play-based learning experiences.

### **10:00 AM - 10:30 AM: Morning Snack**

- Healthy snack provided.
- Social interaction and conversation encouraged.

### **10:30 AM - 11:30 AM: Outdoor Play**

- Physical activities and free play outside.
- Activities may include structured games, playground time, and nature exploration.

### **11:30 AM - 12:00 PM: STEAM Activities**

- Engaging activities focused on Science, Technology, Engineering, Arts, and Mathematics.
- Encourages problem-solving and critical thinking skills.

### **12:00 PM - 12:30 PM: Lunch**

- Nutritious lunch provided.
- Children practice table manners and social skills.

**12:30 PM - 1:00 PM: Quiet Time/Story Time**

- Children relax with a story or quiet activities.
- Preparation for nap/rest time.

**1:00 PM - 2:00 PM: Nap/Rest Time**

- Quiet rest period for all children.
- Non-sleepers may engage in quiet activities after a rest period.

**2:00 PM - 3:00 PM: Afternoon Learning Centers and Activities**

- Continuation of morning centers or special projects.
- Focus on creative arts, STEM activities, and thematic learning.

**3:00 PM - 3:30 PM: Afternoon Snack**

- Healthy snack provided.
- Social interaction and conversation encouraged.

**3:30 PM - 4:30 PM: Outdoor Play**

- Physical activities and free play outside.
- Activities may include structured games, playground time, and nature exploration.

**4:30 PM - 5:00 PM: Group Activities**

- Group games, storytelling, or cooperative activities.

**5:00 PM - 6:00 PM: Free Play and Clean-up**

- Free play activities.
- Children participate in clean-up and organization.

**6:00 PM - 8:00 PM: Dinner, Late Pick-Up and Free Play**

- Dinner provided.
- Free play activities until departure.
- Parents/guardians sign out.
- Quiet activities such as puzzles, books, and drawing are available.