



## **Sample Preschool Daily Schedule**

7:30-10:00 AM

### **Choice Time**

Choice time is a segment of time each morning and afternoon during which we allow children of all ages to move freely among all the rooms of our building. Children are given maximum choice and freedom to explore various stimulating activities. Each teacher plans appropriate hands-on activities in one or more of the developmental areas, depending on the room for which he/she is responsible. Teachers rotate areas each week. For a full description of the rooms and areas at CDC, and how they are used, see our building tour. Snack is another one of the choices offered at CDC; snack is open for approximately an hour in the morning and again in the afternoon. Children are able to have snack whenever they choose during these times.

10:00-10:15 AM

### **Large Group Time**

Large group time is a segment of the day that adds to the sense of community in the classroom. It is a time when everyone comes together to participate in a shared music and movement experience.

10:15-10:35 AM

### **Small Group Time**

Small group time takes place for about twenty minutes each morning and afternoon. Each teacher has his/her own group, and group assignments generally don't change during the school year. Children are placed in groups according to their age. Teachers plan activities in all the developmental areas for the children in their group based on the children's interests. They take into account the age, abilities, and interests of their individual children when planning.

- 10:35-12:00 PM Work Time**  
(Plan-Do-Review process) The longest segment of group time is devoted to planning time, work time and recall time sequence called the plan-do-review. At planning time children meet with their small group and an adult. Each child decides what to do during work time, meaning what area they'll play in, what materials they'll use and who they will play with and they share their plan with their teacher. Work time is when they carry their plan out and then clean up. At recall time, they meet with their teacher to share and discuss what happened during group time. This will look different during different stages of your child's life at CDC.
- 12:00-1:00 PM Lunch**  
At lunch time, children are settled around tables throughout the building to eat lunches brought from home, under teacher supervision. When the weather permits, we eat at picnic tables in our outdoor play area.
- 1:00-3:00 PM Rest Time**  
CDC offers rest time to all full-day preschool students, as required by state regulations. Rest time is structured so that children who need to sleep are given time to fall asleep while all children are laying quietly on cots, listening to stories being read by one of our teachers. After those children are asleep, quiet activities are provided for those who remain awake.
- 2:15-3:15 PM Choice Time**  
Same as the morning.
- 3:15-4:30 PM Group Time**  
For those children attending the afternoon. This time includes large group time, small group time and work time.
- 4:30-5:30 PM Closing Activities / Story**  
During the afternoon pick-up period, children are offered table choices, a small healthy snack or the book room is also a choice where staff read stories to the children. Children are then brought into the cubby area to get ready to leave as their parents or caregivers arrive.