

## Toddler Room Schedule

### **6:30-7:15 Arrival, Exploration, and Investigation**

During this time, children will arrive and settle in for the day. They begin to learn as they have an opportunity for play during this time. This choice time gives the children an opportunity to engage and explore a variety of activities including: manipulation of small objects, discovery of cause and effect through science activities, and time to play and socialize with peers. You will see the children engaged in activities such as sensory play, using fine motor skills to button a doll dress, or using imaginary play to explore various roles people play in the world around them through dramatic play.

### **7:15-7:50 Breakfast**

Nutritious meals and snacks are essential for young children's optimal growth and development. The energy provided by healthy foods ensures that children will be ready to fully participate in the day's learning opportunities. During meals and snacks preschoolers learn how to make nutritious choices, discover a wide variety of different foods and develop healthy eating habits.

### **7:50-8:00 Clean-up and transition to outdoor play**

### **8:00-8:20 Outdoor exploration**

When children participate in outdoor play, they have time to extend their learning from the classroom to outside. Children might look for insects, observe changes in the season, or participate in large motor activities such as running or playing ball. Small motor activities include: drawing, writing, picking up rocks or other objects.

### **8:20-9:15 Self-selected centers**

The children have the opportunity to choose something to do in any area of the room. A small group/teacher directed activity is available as a choice at the table. This choice time gives the children an opportunity to engage and explore a variety of activities: using their fine motor skills to manipulate small objects, discovery of cause and effect through science activities, and time to play and socialize with peers. You will see the children engaged in activities such as sensory play or using imaginary/dramatic play to explore various roles people have in the world. Cozy areas and books are available for children in need of alone or quiet time as well.

### **9:15 -9:20 Clean-up and transition to Circle Time**

Children learn how to be a part of the community in our classroom when they help each other clean up the room. They feel competent-“I can do this all by myself.” Cleaning up the room establishes a sense of order for the room which creates peace.

### **9:20-9:30 Circle Time/Large Group**

Children will develop their listening and attending skills as they listen to a story. Large group activities help children to learn to follow directions. It is also beneficial for language development and turn taking. A variety of activities are used to help children develop these skills including songs, finger plays, stories, theme activities and games. Music and Movement teaches such concepts as time, rhythm, patterns, and rhyming. Children will transition to snack by washing hands.

### **9:30-9:50 Snack**

Snack is an important time to give children a break in their active day. During snack, children have a chance to learn about good nutrition and table manners. Snack time is also a time to develop social skills while eating and visiting with each other. Many fine motor skills are used during the snack period.

### **9:50-10:00 Clean-up and transition to outdoor play**

### **10:00-10:45 Outdoor exploration**

### **10:45-11:00 Transition insided to books & puzzles**

Book time helps children calm their bodies and their minds before transitioning to lunch.

### **11:00-11:30 Book Time/Transition to lunch**

### **11:30-12:30 Lunch/Transition to rest time**

Meal times are an opportunity to learn social skills, healthy eating habits, independence, and table manners.

### **12:30-2:30 Rest time**

Children are provided time to rest, relax, and refresh during this time. While some children do not fall asleep, children are expected to rest quietly or work on a quiet, calm activity (such as reading or puzzles) in their space.

### **2:30-3:00 Wake-up/Snack time**

Snack is an important time to give children a break in their active day. During snack, children have a chance to learn about good nutrition and table manners. Snack time is also a time to develop social skills while eating and visiting with each other. Many fine motor skills are used during the snack period.

### **3:00 - 3:30 Story time/transition to outside**

Children will develop their listening and attending skills as they listen to a story.

### **3:30-4:30 Outdoor exploration**

### **4:30-5:00 Self-selected Centers**

The children have the opportunity to choose something to do in any area of the room. This choice time gives the children an opportunity to engage and explore a variety of activities.

### **5:00-5:30 Table toys**

The children choose activities/manipulatives to do at the tables or carpet.

### **5:30-6:00 Free reading time**

The children have the opportunity to pick their own books and practice early literacy skills as well as calming their bodies and minds for the end of the day.