Lab 3: Program for 3's, 4's and 5's
Daily Schedule

7:30 – 9:05: Arrival, Self-Selection, Sunscreen

During this time, children will settle in for the day. Learning happens through play and free play allows children to self-select in a variety of activities arranged in play-based centers including math and manipulatives, science, and writing. You will see children engaged in activities such as sensory play, using fine motor, and imaginative play to explore various roles people play in the world around them through dramatic play.

Children will have sunscreen applied by a teacher twice a day in the morning and the afternoon before going outside when needed for the weather conditions to protect against the sun's rays.

9:05-9:15 Clean Up and Morning Greetings

Children clean up their toys and materials in order to transition to the carpet upstairs to sing songs greeting them into the classroom and read the morning message learning what activities they can participate in during the day.

5 min Clean Up reminders:
8:55 Art & Math Center: a 5-minute reminder is given to give children preparation time in order to finish playing to then clean up their toys & materials for morning snack.
9:00 a 5-minute reminder is given to give children preparation time in order to finish playing to then clean up their toys & materials for morning snack.

9:15-9:45 Morning snack, bathrooms and busy boxes

Snack is an important time allowing children to have a break in their active day. During snack, children have a chance to learn about healthy nutrition and table manners. Snack is also a time to develop social skills while eating and talking with each other. As children finish snack at their own pace, they will wash hands and then choose to do a busy box before doing large group.

9:30-9:50 Bathrooms and busy boxes

Children will take care of their bathroom needs and will wash hands. Diaper changes will be completed at this time.

9:50-10:20: Outdoor Play (Atrium Play during inclement weather)

When children engage 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 climbing, riding bikes, or playing ball. Seasonally, children will engage in gardening, mud and water play, as well as using indoor materials outdoors.

10:20 – 11:50: Self-Selection

This self-selected learning 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.

During self- selection small group activities will be offered as a choice for the students. Small group activities help children to learn to follow directions and work together in a group setting. Teachers work on specific goals that vary throughout the year. These goals would include but not limited to skills such as writing, counting, and cutting.

11:55 – 12:40: Lunch

Children will clean up their free play centers, wash hands, and will be handed their place setting at the cart to take to their name spot at their table. Lunch is served family style allowing children to serve themselves and practice table manners. Children work on using utensils, appropriate conversations, and self-help skills such as cleaning up after lunch.

12:40 – 1:00: Rest Time Transition

Children are engaged in finishing their lunch, using the restroom and reading independently at their cots. When the majority of the children are ready, they listen to a story read by the teachers. At the end of the story the lights are turned off and children are expected to rest on their cots quietly.

1:00 – 2:30: Rest Time

Children need time to rest, relax, and refresh during this time. While some children do fall asleep, many do not at this age, however, children are expected to rest quietly or work on a quiet, calm activity (such as reading or puzzles) on their cot.

2:30 – 2:55: Afternoon Snack

Snack is an important time allowing children to have a break in their active day. During snack, children have a chance to learn about healthy nutrition and table manners. Snack is also a time to develop social skills while eating and talking with each other. They brush their teeth and learn about good dental hygiene. Each child has their own toothbrush that is replace monthly.

***2:55 - 4:00: Free Play, Sunscreen and Toothbrushing**

During this time, children will settle in for the day. Learning happens through play and free play allows children to self-select in a variety of activities arranged in play-based centers including math and manipulatives, science, and writing. You will see children engaged in activities such as sensory play, using fine motor, and imaginative play to explore various roles people play in the world around them through dramatic play. At the end of free play, children clean up and transition to the outdoors.

Children will have sunscreen applied by a teacher twice a day in the morning and the afternoon before going outside when needed for the weather conditions to protect against the sun's rays.

4:00-5:30: Outdoor Play (Atrium Play during inclement weather)

When children engage 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 climbing, riding bikes, or playing ball. Seasonally, children will engage in gardening, mud and water play, as well as using indoor materials outdoors. Depending on the time of year, children may come in at dusk, around 5:00, and engage in activity bins until they are picked up by 5:30.