



## DAILY SCHEDULE SAMPLE (4–5 Years Olds) | 8:30 AM – 5:00 PM

Time	Activity	Description
8:30 AM – 9:00 AM	<b>Arrival, Table Activities &amp; Free Play</b>	Children arrive and engage in quiet activities like puzzles, drawing, or reading while transitioning into the day. Encourages focus and self-regulation.
9:00 AM – 9:30 AM	<b>Circle Time (Calendar, Weather, Phonics, Stories)</b>	Group time for discussing the calendar, weather, letter sounds, and sharing stories. Builds language, literacy, math, and social skills.
9:30 AM – 10:00 AM	<b>Wash Hands, Morning Snack</b>	Hygiene practice followed by a healthy snack. Teaches responsibility and routine.
10:00 AM – 11:00 AM	<b>Learning Centers / STEM Exploration</b>	Small group rotations through centers like math, literacy, science experiments, and building blocks. Encourages critical thinking and inquiry-based learning.
11:00 AM – 11:30 AM	<b>Outdoor Play (Gross Motor Development)</b>	Playground time or structured games to strengthen muscles, coordination, and teamwork.
11:30 AM – 12:00 PM	<b>Wash Hands, Lunch Time</b>	Practice self-help skills, manners, and conversation with peers during lunch.
12:00 PM – 12:30 PM	<b>Bathroom Time &amp; Quiet Transition to Nap/Rest</b>	Use the bathroom, quiet reading, or listening to calm music as children prepare for rest.
12:30 PM – 2:00 PM	<b>Nap/Rest Time</b>	Children nap or have quiet time with books or soft toys, depending on individual needs.
2:00 PM – 2:30 PM	<b>Bathroom Break, Wash Hands &amp; Afternoon Snack</b>	Hygiene routine followed by a nutritious snack to recharge.
2:30 PM – 3:30 PM	<b>Creative Arts &amp; Fine Motor Activities</b>	Painting, cutting, gluing, drawing, and crafts that build creativity and fine motor control.
3:30 PM – 4:30 PM	<b>Indoor Group Games or Outdoor Play</b>	Cooperative play, group games, or nature walks depending on the weather. Promotes teamwork and active learning.
4:30 PM – 5:00 PM	<b>Story Time, Journals &amp; Parent Pickup</b>	Wind-down time with journaling or books. Teachers connect with parents at pickup and review the day.