

Schedule	Activity	Focus
6:00 AM - 7:00 AM	Arrival/Welcome Parents	Welcome child and parent/teacher interaction
7:00 AM - 8:00 AM	Breakfast	Food for energy, greet friends for new day
8:00 AM - 8:30 AM	Interest Area Play	Enables child to build visual – perceptual skills
8:30 AM - 8:40 AM	Clean-up Time	Provides sense of responsibility and accountability
8:40 AM - 9:00 AM	Circle Time/Large Group	Promotes socialization and listening skills
9:00 AM - 9:15 AM	Bible Curriculum/Activities	Explore the bible and learn important life lessons
9:15 AM - 9:45 AM	Creative Arts	Encourages neural connections, builds fine motor skills and problem solving; precursor to writing
9:45 AM - 10:30 AM	Outside (weather permitting)/ Activity Room (vigorous play)	Build gross motor skills and start developing active habits for improved health and wellness
10:30 AM - 10:50 AM	Transition/Prepare for Lunch	Establishing routines decreases stress
10:50 AM - 11:20 AM	Lunch	Food for energy; Encourage good table etiquette
11:20 AM - 11:30 AM	Sign Language Lesson	Promotes speech development, communication
11:30 AM - 11:50 AM	Music and Movement	Engages the brain, cultivates communication
11:50 AM - 12:15 PM	Story Time	Develop literacy skills; stimulate curiosity
12:15 PM - 12:30 PM	Prep for Nap Time	Establishing routines decreases stress
12:30 PM - 2:30 PM	Nap Time	Rest to replenish energy, improve mood, stay fit
2:30 PM - 2:50 PM	Wake up/Fine Motor Activities	Performing tasks such as feeding, grasping and writing for improved self-esteem and confidence
2:50 PM - 3:15 PM	Snack	Build healthy nutrition habits
3:15 PM - 4:00 PM	Outside (weather permitting)/ Activity Room (vigorous play)	Build gross motor skills and start developing active habits for improved health and wellness
4:00 PM - 4:30 PM	Sensory Exploration	Learning encouraged through exploration, curiosity, problem solving and creativity
4:30 PM - 5:10 PM	Interest Area Play	Enables child to engage in hands-on activities
5:10 PM - 5:40 PM	Music and Movement	Encourages self-expression and physical activity
5:40 PM - 6:00 PM	Story Time	Develop literacy skills; stimulate curiosity
6:00 PM - 6:30 PM	Table Activities/Pick-up	Goodbyes and parent/teacher interaction

