



## PRESCHOOL DAILY SCHEDULE

Here at the Trust Children's Center Preschool Program we value a flexible, play-based schedule that is guided by the children's interests and offers as much free play as possible. Below is a list of our more structured and scheduled times of day including examples of typical activities that may happen throughout the day.

### **9:00 am:** Morning Snack

Please feed your child breakfast before they arrive. This is meant to be a light snack.

### **9:30 – 11:30 am:** Free indoor/outdoor play

Activities may include: Water table play, sand box/ mud bakery exploration, indoor or outdoor art activities, teacher directed group activities, science exploration, group walks in the area, dramatic play etc.

### **11:30 am:** Lunch

Children eat their lunches from home together as a group.

### **12:30 pm:** Quiet play and story time

Teachers guide the children in quiet, calm activities and a story to ready their bodies for rest.

### **1:00 pm – 3:00 pm:** Nap time

Children who choose not to nap can rest their bodies on their cot or choose a quiet activity after 2:00pm

### **3:15:** Afternoon snack

Served by TCC. Children are also welcome to finish their lunches if they choose to do so.

### **3:30-5:30:** Free indoor/outdoor play and Pick up

### **Daily Areas of learning include, but are not limited to:**

- **Literacy**
  - Story Time, writing in journals etc.
- **Science**
  - Exploring natural materials in our yard, taking care of our crabs etc.
- **Sensory Exploration**
  - Water table, mud bakery, playdough, painting with our bodies etc.
- **Math**
  - Counting during snack, tracking number of days of school etc.
- **Social Relationships**
  - Communicating effectively with our classmates, talking through conflict in play etc.
- **Creative Art**
  - Collaging, painting, drawing, 3D art etc.
- **Motor Skills**
  - Gross Motor: Riding bikes, climbing on stumps, digging, running etc.
  - Fine Motor: Drawing, beading, painting, etc.