



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.

8:00-9:00 am Parent and child morning welcome. Children are offered free indoor and outdoor play.

9:00 am **Morning Snack** *Please feed your child breakfast before they arrive at TCC. This morning snack is meant to be only a snack, not breakfast*

11:00 – 12:00 **Lunch**

12:30-2:30 pm **Nap** *All children are asked to rest their bodies from 12:30 – 1:30. Children who are awake at 1:30 are invited to play outside while the rest finish their naps*

2:30 pm **Afternoon Snack**

2:30 – 5:00 **Free indoor and outdoor play followed by pick-up.**

DAILY ACTIVITIES:

- Drop off
- Stories
- Quiet/Active play
- Rest and relaxation
- Indoor/Outdoor time
- Toileting/Diapering
- Fine Motor/Gross Motor
- Individual attention
- Being held by caregiver (infants)
- Pick up

DAILY AREAS OF LEARNING WILL INCLUDE, BUT NOT BE LIMITED TO:

- Literacy
- Science/Sensory
- Math
- Social Relationships
- Creative Art
- Motor Skills