



Sample Schedule

9:00am - 9:15am: Good Morning

Prior to going to bed, set expectations that when they hear a timer go off and it means it's time to wake up. Have your child guess what they need to do when the timer goes off. This will help increase their vocabulary words.

9:15am - 9:30am: Getting Ready for the Day

Explain to your child that you will set the timer for 15 minutes for them to get ready for the day. When the timer goes off, say "It's time to get ready and put clothes on!"

9:30am - 9:45am: Set the Day's Expectations

Describe what you will do for the day, when it will occur and for how long. *Example: "We will have a Story Time with Ms. Mae after Nap."*

9:45am - 10:00am: Play Planning

Set expectations. Set the timer for 10-15 minutes. Have your child draw a picture of what toy they will play with. Ask them why they want to play with that toy. When the timer goes off, it's time to clean up and play.

10:00am - 11:00am: Free Play

Set expectations. Before playing, explain to your child that he will be given a warning before the timer goes off. *Example: "You have two more minutes."* When the timer goes off, it's time to Cleanup.

11:00am - 11:15am: Play Cleanup Time

Set timer for 15 minutes. Model how to clean up for your child. Play a cleanup song to help your child. Make sure all the toys are put away before transitioning to another part of your day.
(Link for the Cleanup song.)

Note: For children that are still in Potty Training, set a timer for when they have to go. Again, set the expectation that when the timer goes off, "It's time to go potty." It's all about consistency!

11:15am - 11:20am: Bathroom Break/Hand-washing

Set the timer. Model how to wash hands. Sing a song to help your child understand how long they should be washing for. Talk to them as you wash and ask about their next activity. *Example: "What are we having for lunch?"*

11:20am - 12:00pm: Lunch

Set expectations. Use this time to introduce new foods or reiterate common table manners. Remind your child what they need to do after they finish eating. *Example: "When lunch is over, we will lay down for nap," or "We're going to go potty after lunch."*

1:00pm - 2:00pm: Nap Time

Set the timer for 30 minutes. Play calming music to help your child relax and transition into Nap Time. If your child does not want to take a nap, use present two choices for them to do while still staying in their bed. *Example: "You can read a book or listen to music."*

2:00pm - 3:00pm: Homework Time

Set the timer and get out their homework sheets. If you don't have any, you can see some of the homework examples we have in our [Preschool Starter Kit](#)! You can also watch an educational movie or play two educational games in 30 minute intervals.

3:00pm - 4:00pm: Dance/Music/Story Time

Set the timer. Present options for your child. We usually choose between Dance Time, Music Time or Story Time.

4:00pm - 5:00pm: Outside Time

Set expectations. Ask your child questions as they play. *Example: "What's for dinner?" or "What was the story we read today?"*

4:00pm - 5:00pm: Outside Time

Set expectations. Ask your student questions about what they'll be doing after Outside Time. *Example: "We will wash our hands and clean up." and "What's for dinner?"*

5:00pm - 5:30pm: Handwashing/Shower/Snack

Set the timer. During this time, be sure to talk to your child and engage them with questions.

5:30pm - 6:00pm: Dinner

Set expectations. Example: "After dinner, we'll brush our teeth and read a short story," or "We'll play a game for 15 minutes."

6:00pm - 6:15pm: Cleanup/Handwashing/Toothbrushing

Set the timer. Play relaxing music while they get cleaned up for bed.

6:30 - 7:00pm: Bedtime

Play calming music to help them relax and transition to bedtime. Prior to going to bed, set expectations for the next day. *Example: "When you hear the alarm in the morning, it'll be time to wake up."* Have your child guess what they need to do when the timer goes off. This will help increase their vocabulary words.

Note: For ages 3-5 years old, repetition and consistency are necessary for them to remember expectations and to get the most out of their learning.