

## Early Childhood Center Sample Full Day Preschool

This is a sample of a typical day, and is designed to give you a general idea of our activities and routines. Each class has its own more specific schedule.

TIME	ACTIVITY
7:15 - 8:45 am	Parent Drop off, greeting and free choice play
8:45 - 9:00 am	Clean up, bathroom or diapering
9:00 - 9:20 am	Circle time
9:20 - 10:20 am	Free centers and organized art activity
10:20 - 10:30 am	Clean up and dance
10:30 - 10:45 am	Snack and story
10:45 - 11:05 am	Judaics, music or gym
11:05 - 11:15 am	Bathroom or diapering
11:15 - 11:45 am	Outdoor play or movement
11:45 - 12:00 pm	Bathroom or diapering and lunch preparation
12:00 - 12:45 pm	Lunch, books or puzzles
12:45 - 2:45 pm	Nap, rest or “Up” room
2:45 - 3:00 pm	Wake up and bathroom or diapering
3:00 - 3:15 pm	Snack and story
3:15 - 4:15 pm	Outdoor time, swim or gym
4:15 - 4:45 pm	Story, music or art
4:45 - 5:45 pm	Free centers and pick up