

Sample Schedule for Preschoolers at Home

8:00-8:30 AM **Table Time Choice**

- 8:20 First Clean up transition cue
- 8:25 Second Clean up cue and verbal transition to Circle Time
- 8:30 Clean up

8:45-9:15 AM **Circle Time**

For 2-3-year-old children, reduce Circle Time to 10 minutes

For 3-4-year-old children, reduce Circle Time to 15 minutes

For 4-5-year-old children, Circle Time can be 20-30 minutes

9:15-10:15 AM Free Play

- 10:05 First Clean up Cue
- 10:10 Second Clean up Cue and verbal transition to Snack
- 10:15 Clean up

10:30-10:45 AM Snack Time

10:50-11:50 AM Outside, Active free play

- 11:40 First “almost time to go in” cue
- 11:45 Second “almost time to go in” cue
- 11:50 Go inside, wash hands

12:00-12:50 PM Lunch time and clean up from lunch

- If child finishes early, ok to read stories and do puzzles, or simple crayon coloring

1:00-2:00 PM Nap or continue quiet time activities (drawing, puzzles, looking at books)

2:15 PM-2:45 PM Art/Science/Cooking Project

(follow time guidelines in Circle Time for younger children)

- 2:35 PM First transition cue
- 2:40 PM Second transition cue
- 2:45 PM Clean up, wash hands

3 PM-3:15 PM Snack Time

3:15 PM-3:30 PM Clean up, get ready to go outside

3:30 PM-4:15 PM Outside, active free time

- 4:05 PM First transition cue
- 4:10 PM Second transition cue

4:30 PM- 4:50 PM Afternoon Circle Time, or Table Time Choice

5 PM-Dinner Free Play/Clean up

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What is “Table Time?”

Table Time doesn’t actually have to take place at a table. In preschools, small group activities are usually set out on tables. But at home, you probably don’t have 5 little tables like at your child’s regular daycare! That’s okay—you can use a kitchen table and different corners of the room. If you want, you can delineate the spaces using painter’s masking tape on the ground, or yarn.

Table time is not fully structured like Circle Time, but it’s also not total “open choice” like Free Play. Instead, you’ll make a few activities available for your child to do; place each activity at a different station, and your child can wander and spend any amount of time they want at any station.

For example:

- Sensory bin at one end of kitchen table (plastic tub filled with dry beans, measuring cups and spoons, etc.)
- Puzzles set out on coffee table
- Bead stringing set up at one end of kitchen table
- Microscope and slides in one corner of room
- Duplo blocks set out in one corner of the room
- Dress up box

What is Circle Time?

This is a structured time during the day when you can work on lots of developmental skills.

Songs

Talking Games

Stories

News Time

News Time is a chance for you and your child to share “highs and lows.” Each Circle Time participant can share one thing that has made them happy that day/week and one thing that has made them sad/angry/scared. Rule: you can only share news about yourself (so no tattling on siblings or sharing a sibling’s “news.”)

Theme of day discussion

Childcare centers often use daily or weekly themes to guide their structured activities.

For example, if your Theme is Plants, you might:

- Show pictures of seeds, seedlings, and full-grown plants at Circle Time
- Teach the names of the parts of a plant (leaf, stem, etc.) at Circle Time
- Make flower pressings for Project Time
- Plant seeds or transplant seedlings at Project time