



# Daily Schedule

<u>Time</u>	<u>Academic Focus</u>	<u>Toddler Focus</u>
Before 9AM	<u>Breakfast</u>	
9-10AM	Independent play	Child-led play time
10-11AM	Academic time: Rotate between table time, academic & physical literacy. May need breaks.	Academic time: numbers, letters, colours, intentional play (you guide the play), drawing, etc.
11-11:30AM	Free time: screen time, independent time	
11:30AM-12PM	Creative time: Lego, Play-doh, painting	
12-12:30PM	<u>Lunch</u>	
12:30-1PM	Chores/Quiet time	Quiet time/Nap
1-2PM	Academic time: Rotate between table time, academic & physical literacy. May need breaks.	Physical literacy/gross motor play: structured movement activities (outdoor time, Simon Says, indoor obstacle course)
2-3PM	Creative/play time	Free time
3-3:30PM	<u>Snack</u>	
3:30-4PM	Screen time	
4-4:30PM	Outside time	
4:30-5PM	Help with dinner prep or free time	
5-6PM	<u>Dinner</u>	