

## Sample Schedule for Toddlers

6:00 – 8:30	Arrival, greeting, handwashing, free choice with all areas open Diapers are checked every two hours and changed as needed
8:30 – 9:00	Handwashing and breakfast
9:00 – 9:50	Outside play with gross motor activities
9:50 – 10:00	Transition to indoors and handwashing
10:00 – 11:00	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed
11:00 – 11:10	Music/movement activities and handwashing
11:10 – 11:40	Lunch
11:40 – 2:00	Cots down, quiet activities, diaper check/change, and nap
2:00 – 2:30	Handwashing, snack, and diaper check/change
2:30 – 3:15	Outside Play
3:15 – 3:25	Transition to indoors and handwashing
3:25 – Closing	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed

- Diapers are checked every two hours and changed as needed
- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks

## Sample In/Out Schedule for Toddlers/Twos

6:00 – 8:30	Arrival, greeting, handwashing, free choice with all areas open Diapers are checked every two hours and changed as needed
8:30 – 9:00	Handwashing and breakfast

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### Group A

9:00 – 9:40	Outside play with gross motor activities
9:40 – 9:50	Transition to indoors and handwashing
9:50 – 10:50	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.  Diapers are checked every two hours and changed as needed

### Group B

9:00 – 10:00	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.  Diapers are checked every two hours and changed as needed
10:00 – 10:50	Outside play with gross motor activities
10:50 – 11:00	Transition to indoors and handwashing

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11:00 – 11:30	Handwashing and lunch
11:30 – 12:00	Cots down, quiet activities, and diaper check/change
12:00 – 2:30	Nap/quiet activities
2:30 – 3:15	Handwashing, snack, diaper change, and transition to outdoors
3:15 – 4:00	Outside Play
4:00 – Closing	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.

- Diapers are checked every two hours and changed as needed
- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks

## Sample Schedule for 2s

6:00	–	8:30	Arrival, greeting, handwashing, free choice with all areas open Diapers are checked every two hours and changed as needed
8:30	–	9:00	Handwashing and breakfast
9:00	–	9:10	Circle time
9:10	–	10:00	Outside play with gross motor activities
10:00	–	10:10	Transition to indoors and handwashing
10:10	–	11:30	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed
11:30	–	12:00	Handwashing and lunch
12:00	–	2:30	Cots down, quiet activities, diaper check/change, and nap
2:30	–	3:00	Handwashing and snack
3:00	–	3:50	Outside Play
3:50	–	4:00	Transition to indoors and handwashing
4:00	–	5:30	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed
5:30	–	Closing	Clean up and indoor quiet activities

- Diapers are checked every two hours and changed as needed
- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks

## Sample Schedule for 3s

6:00	–	8:30	Arrival, greeting, handwashing, free choice with all areas open
8:30	–	9:00	Handwashing and breakfast
9:00	–	9:15	Circle time
9:15	–	10:50	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.
10:50	–	11:00	Clean up
11:00	–	11:50	Outside play with gross motor activities
11:50	–	12:30	Handwashing and lunch
12:30	–	2:30	Cots down and nap/quiet activities
2:30	–	3:00	Handwashing and snack
3:00	–	3:15	Circle time/recall
3:15	–	4:30	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.
4:30	–	5:15	Outside play
5:15	–	5:25	Transition to indoors and handwashing
5:25	–	Closing	Free choice with all areas open

- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks

## Sample Schedule for 4s

6:00 – 8:30	Arrival, greeting, handwashing, free choice with all areas open
8:30 – 9:00	Handwashing and breakfast
9:00 – 9:20	Circle time
9:20 – 10:50	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.
10:50 – 11:00	Clean up
11:00 – 11:50	Outside play with gross motor activities
11:50 – 12:30	Handwashing and lunch
12:30 – 2:00	Cots down and nap/quiet activities
2:00 – 2:30	Handwashing and snack
2:30 – 2:50	Circle/recall
2:50 – 4:00	Free choice with all areas open; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc.
4:00 – 5:00	Outside play
5:00 – 5:10	Transition to indoors and handwashing
5:10 – Closing	Free choice with all areas open

- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks