



Daily Schedule

Wake up Routine - Breakfast, Brush Teeth, Get Dressed

9:00 am - Active Time - Indoor or Outdoor Gross Motor Activities

10:00 am - Snack Time

10:15 am - Creative Time - Art & Sensory Fun

11:15 am - Wow Activity - Science, Cook/Bake, Planting or Interests

12:15 pm - Lunch Time - Help Prepare, Set Table & Clean Up

1:15 pm - Quiet/Rest Time - Sleep or Quiet Reading

2:45 pm - Snack Time

3:00 pm - Learning Time - Cognitive, Math, Language & Stream

4:00 pm - Active Time - Indoor or Outdoor Gross Motor Activities

5:00 pm - Clean Up Time

5:15 pm - Dinner Time

Wind Down Time - Free Choice/Bed Time Routine/Cozy Reading



Play & Learn - KIDCO AT HOME