

Before 9:00 am	Wake up and Breakfast	Wake up for the day and eat some breakfast to prepare for the new day. Do some simple stretching/yoga to get your body ready.
9:00 am - 10:00 am	Outside Exploration	Go on a walk, look for things in nature or go to a park while maintaining social distancing
10:00 am - 10:30 am	Structured Learning (see activities calendar)	Read a book aloud and talk about the story - Have an older sibling read, if possible. Work on academic tasks such as name/letter writing, letter identification, numbers/counting (see work packet)
10:30 am - 11:30 am	Creative Learning	Allow for exploration of materials using paper, crayons, playdoh or other material
11:30 am - 12:00 pm	Lunch	
12:00 pm - 2:00 pm	Quiet/Rest Time	Rest time for children who need to take a nap still Others this time can be used for completing puzzles or reading books independently
2:00 pm - 2:30 pm	Structured Learning (see activities calendar)	Work on academic tasks such as name/letter writing, letter identification, numbers/counting (see work packet or use technology for accessing materials)
2:30 - 3:00 pm	Outside Exploration	Take time to get some fresh air - go for a walk, ride your bike or throw a ball while maintaining social distancing

PreK