

Seedlings Program



DAILY SCHEDULE (Subject to change)

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| 7:00AM – 7:30AM | GREETINGS, WASH HANDS, MINDFULNESS & YOGA/PHYSICAL ACTIVITY |
| 7:30AM – 8:15AM | MESSAGE BOARD, PLAN – WORK – CLEAN UP – RECALL |
| 8:15AM – 9:30AM | RESTROOM & WASH HANDS, OUTDOOR PLAY AND MOVEMENT |
| 9:30AM – 10:15AM | RESTROOM & WASH HANDS, SNACK TIME |
| 10:15AM – 11:00AM | LARGE GROUP TIME, PARLONS FRANCAIS* / SIGN LANGUAGE**, RESTROOM & WASH HANDS |
| 11:00AM – 12:00PM | SET TABLE, LUNCH, RESTROOM & WASH HANDS |
| 12:00PM – 2:00PM | NAP TIME |
| 2:00PM – 3:15PM | RESTROOM & WASH HANDS, OUTDOOR PLAY AND MOVEMENT |
| 3:15PM – 4:00PM | RESTROOM & WASH HANDS, SNACK TIME |
| 4:00PM – 4:45PM | RESTROOM & WASH HANDS, SMALL GROUP ACTIVITIES |
| 4:45PM – 5:30PM | SENSORY ACTIVITES & RELAXING ART CHECKOUT & HIGHLIGHT REPORTING WITH PARENTS/GUARDIANS |

OUTDOOR TIME IS WEATHER PERMITTING, DRINKING WATER IS AVAILABLE ALL DAY
SIGN LANGUAGE** TUES AND THURS. PARLONS FRANCAIS*: MON, WED, FRI