

DAILY PRESCHOOL SCHEDULE FOR HOME INSTRUCTION

Before 9:00am	Wake Up	Eat breakfast, make your bed, and get dressed.
20 minutes	Work on Nursery Rhymes	Reciting nursery rhymes to children helps to develop language and speech development.
30 minutes	Academic Time	<p>No electronics. Read a story, sing the alphabet song, help your child recognize letters in their name, help them count, and recognize numbers.</p> <p>Complete 2 activities from the lesson plan.</p>
30 minutes	Creative Time	Have your child draw or paint pictures, and/or dance to music.
30 minutes	Lunch	
1 hour	Nap	
20 minutes	Music and Movement	<p>Have your child listen to children songs where they can both sing and dance. Use household materials to create musical instruments.</p> <p>See Physical Education activities.</p>
30 minutes	Academic Time	<p>No electronics. Read a story, sing the alphabet song, help your child recognize letters in their name, help them count, and recognize numbers.</p> <p>Complete 2 activities from the lesson plan.</p>
30 minutes	Creative Time	<p>Have your child use materials from home. (Newspapers, magazines, grocery flyers, empty recyclables, etc.)</p> <p>They can also draw again, or dance/sing along with music.</p>
30 – 45 minutes	Outdoor	Take your child outside for a walk or to play.