

We Skoolhouse



PRESCHOOLER SCHEDULE GUIDE: HOME



ESTABLISHING YOUR SCHEDULE



Cultivating a structured schedule provides children with a feeling of predictability, reliability, and safety in their day-to-day experiences. While the overall skeleton of the week is structured and predictable (meal time, outdoor times, rest time, etc.) the time within each event provides far greater flexibility and child-centered experiences. **Some tips to keep in mind:**

- **Establish Consistent Routines:** Consistency is key in establishing predictable routines for activities and events, as it provides a sense of security and structure for young children, helping them feel safe and confident in their environment.
- **Reduce Transitions:** Minimizing the number of transitions throughout the day allows children to have longer, uninterrupted periods of engagement in activities. By reducing the need to "shift gears" frequently, children can better focus their attention and fully immerse themselves in their experiences.
- **Prioritize Outdoor Time:** Outdoor play is essential for children's physical, cognitive, and socio-emotional development. Incorporating ample outdoor time into the daily schedule provides children with opportunities to explore nature, engage in active play, and experience sensory-rich stimuli, fostering holistic development and a love for the outdoors.
- **Promote Autonomy in Exploration:** Encouraging autonomy in children's exploration and play with materials empowers them to follow their interests, make choices, and take ownership of their experiences. Providing open-ended materials and allowing children to freely explore different areas in and out of the home promotes creativity, problem-solving skills, focus, and independence.
- **Offer Flexibility and Adaptability:** While consistency is important, it's also essential to remain flexible and responsive to the needs of individual children. Being attuned to children's cues and adjusting the schedule accordingly ensures that their developmental needs are met and supported.



PRESCHOOLER SCHEDULE

SAMPLE DAILY SCHEDULE - PRESCHOOLERS



Morning Free Play

Hand-washing & Breakfast

Story Time & Activity

Outdoor Play

Hand-washing & Lunch

Rest Time

Story Time & Afternoon Activity

Outdoor Play

Evening Routines

Bedtime Story & Sleep - Goodnight!

SAMPLE WEEKLY SCHEDULE - PRESCHOOLERS

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Free Play				
Hand-washing & Breakfast (Approximately 45 minutes)				
Story Time & Activity (About 15-20 minutes depending on age & stage of development)				
Outdoor Play (At least 1 hour and 30 minutes at minimum recommended)				
Hand-washing & Lunch (Approximately 45 minutes to 1 hour)				
Rest Time (Approximately 45 minute to 1 hour depending on age & stage of development)				
Story Time & Afternoon Activity (About 15-20 minutes depending on age & stage of development)				
Outdoor Play (At least 1 hour and 30 minutes at minimum recommended)				
Evening Routines (Dinner & Bath)				
Bedtime Story & Sleep - Goodnight!				





DAILY EVENTS & ACTIVITIES

Morning Free Play supports the transition from sleep to wakefulness in a way that meets children's unique personality and approaches to learning. During this time, little ones should be encouraged to self-direct their exploration and play, expressing themselves in a safe and nurturing environment.

Typically beginning shortly after waking up, this period may last from 30 minutes to over an hour depending on your child's age and stage of development, allowing them to follow their interests and curiosity at their own pace. During this time, children engage in a variety of activities such as playing with toys, engaging in imaginative play, or exploring sensory materials.

Please note that it is common and expected for young children to not sit with one toy for too long, given their short attention spans. However, parents or caregivers do not need to feel the need to occupy or direct their play. Instead, providing ample time for them to navigate their own experiences supports their ability to find things to do and increases their attention span. This approach fosters independence and self-directed exploration, nurturing their natural curiosity and promoting their overall development.



Hand-washing and Mealtime present valuable opportunities for children to engage in meaningful activities that promote hygiene, independence, and social skills. As children engage in hand-washing, they participate in a daily routine that reinforces the importance of cleanliness and prepares them for their food handling ahead.

Try to encourage ways to actively involve children in the cooking and serving process, such as gathering or preparing the ingredients with you. By involving children in these tasks, we demonstrate our belief in their competencies and capabilities which inspires their confidence, connection, responsibility, and sense of belonging and collaboration.



Activities offer a wonderful opportunity for children to explore and experiment with materials that may not always be accessible (e.g. paint and clay). You may present an activity in the form of a provocation (thoughtful arrangement of open-ended materials), open up a sensory bin, or maybe provide a palette of paint to explore.

Remember, attention spans are short and less is more! Meaning it is developmentally appropriate for your child to stay with an activity for only a few minutes. This does not reflect boredom, just their stage of development.

Also, repetition is key when it comes to the provocations and activities. So instead of offering children something new every day, slow down and revisit materials, activities, conversations, and experiences several times over. This promotes deep and meaningful comprehension, while allowing children to have the time and space to construct knowledge and build mastery and confidence with materials. These revisited experiences are also what contributes to the development of longterm memory recollection skills, while also building focus and attention.





Outdoor Play is vital for children's holistic development, encompassing physical, cognitive, language, and socio-emotional aspects. Nature serves as a dynamic classroom, offering diverse opportunities for learning and growth. Engaging with natural elements, such as trees, rocks, and water, allows children to develop a sense of wonder, curiosity, and connection to their environment.

Outdoor play stimulates children's creativity, problem-solving skills, and physical development. Exploring natural elements encourages sensory exploration and fosters a deeper understanding of the world around them. Additionally, playground equipment and open spaces provide opportunities for active play and movement, aiding in the development of gross motor skills, coordination, and spatial awareness.



Outdoor play allows children to benefit from fresh air and sunshine, contributing to their overall health and well-being. Ideally, children should spend at least 2 hours outside daily, as research suggests that more time spent outdoors correlates with improved physical and mental well-being. Exposure to natural light and vitamin D from the sun supports physical growth, strengthens the immune system, and enhances mood and energy levels.

Rest Time is a crucial part of a child's daily routine, providing them with the opportunity to recharge and relax. During this period, children have the chance to rest their bodies and minds after a busy day of events and activities., while regaining energy for the second portion of their day.

Creating a calm and comfortable environment is key to ensuring that children can fully benefit from nap or rest time. You may provide some cues to help your child transition from play to rest by dimming the lights, reading a short story, and/or playing soothing music to help children relax and fall asleep.





Story Time is not just a pleasant pastime; it's a powerful educational tool with far-reaching benefits. Integrating story time as a segue before or after a rest time can be particularly effective, providing children with a calming transition and an opportunity to unwind or re-energize. The cozy, intimate atmosphere created during story time fosters positive associations with books and reading. By incorporating story time into the daily routine in this manner, parents and caregivers can maximize its potential as both an educational and emotional experience for children, promoting comfort, joy, and a life-long love for reading.

For children who struggle with sitting for extended periods of time, providing opportunities for movement and exploration during story time can be beneficial. Allowing them to move around the room and pursue their approach to learning ensures that they remain engaged and active participants in the read-aloud experience. While they may not be seated in one place, they are still able to listen to the story and absorb its content. By creating a flexible environment where children have the freedom to move and choose how they engage with story time, parents and caregivers can empower them to take ownership of their learning journey. As children feel ready to join in, they can approach the story and participate in discussions or activities at their own pace, fostering a sense of autonomy and confidence in their abilities. You may also try reading books during others daily events, such as during a meal or bath time.

Evening Routines for your child is essential for a smooth transition from playtime to bedtime. This routine typically includes dinner, bathing and brushing teeth, each playing a crucial role in preparing your child for a restful night's sleep. Start the evening routine with dinner, offering a nutritious meal that you may include your child in helping to prepare or serve.

Toddlers typically need a bath around 2-3 times per week. However, the frequency may vary depending on factors such as their activity level, exposure to dirt or mess, and skin sensitivity. It's essential to keep their skin clean without over-washing, as excessive bathing can strip the skin of its natural oils and lead to dryness or irritation. Adjust the bathing frequency as needed based on your toddler's individual needs and hygiene requirements.

Transitioning children to bed can be facilitated by establishing a consistent bedtime routine that incorporates calming elements such as warm lighting, gentle activities like reading aloud, and soothing music or lullabies. By creating a predictable and relaxing environment, children can gradually wind down from the day's activities and prepare for sleep. Consistency is key in reinforcing this routine, helping children feel secure and confident as they transition to bed each night.

