

# The 3's, 4's, & VPK Daily Schedule

- 7:00—8:00 Inside / Outside play
- 8:00—8:30 Big Playground
- 8:30—8:55 Hand washing / AM snack
- 8:55—9:00 Clean up / hand washing / water break
- 9:00—9:40 Morning stretches / circle time & story
- 9:40 - 10:15 Curriculum instruction
- 10:15 - 10:45 Centers (child's choice)
- 10:45 - 11:00 Clean up / bathroom break
- 11:00 - 11:30 Art works!!!
- 11:30 - 12:00 Outside play or Monday gymnastics (gross motor skills)
- 12:00—12:10 Bathroom &, hand washing
- 12:10—12:45 Lunch / clean up / bathroom
- 12:45—2:15 Naptime
- 2:15—2:30 Wake & clean up
- 2:30—2:45 Bathroom &, hand washing
- 2:45—3:00 Story time
- 3:00—3:30 PM snack / bathroom & hand washing
- 3:30—4:00 Child's choice centers
- 3:45- 4:15 Karate on Tuesday
- 4:00—4:30 Inside play (gross motor skills)
- 4:30—5:30 Outside play

