

Young Children's Community & Toddler Daily Schedule

8:20 – 8:45 Diapers and wash hands

8:45- 10:10 Work Time

This is the period of the time that can include any of the activities that we list for you: care of the environment, language, gross motor, eye-hand coordination, art, math, etc. One way to approach this can be simple include 1 activity from each area per day or to pick and choose the area that you wish to focus heavily on each day of the week. If your child can work and choose activities that are set up to enable their independence as much as possible, this would be ideal. Observe more than lead as much as possible during this time. If your child needs assistance, provide help enough so that they can do the next part. Use that experience to inform you how to better set up activities for the future. Designate a work space for your child that is a table and also a floor space like a rug if possible.

10:15 Snack time/ diapers wash hands

10:35- 11:00 Circle Time

This is the time is led heavily by the guide/ grownup. You can sit down with your child on the floor or couch and sing songs, read books with them, and talk to them about what they have done that morning and what is to come next.

11:00- 11:10 Diapers and wash hands

11:10 – 11:40 Outdoor time (This can be modifying to 12:00 because you will be with your little one at home)

It is important to get outdoor time while still maintaining social distance, if you have access to your backyard or a nearby green space, this would be ideal. We do not recommend playgrounds nor playdates at this time. If you plan to do a big trip for the day, you don't have to stick to the schedule above.

12:00 – 12:30 Lunch time

Include your child in your lunch/ dinner prep as much as possible. You can even have them prep something that will be cooked later on in the day. Help make the bed afterwards.

12:30 2::30 Nap time

Some Ideas of what to do at home for the: “work time”

Care of The Environment

Children love to help at home and feel like an active members of the household. While they participate in real daily task, they develop confidence and experience a rewarding sense of contribution. Below are some activities your child can do at home.

- Make a meal with your family
- Wash and peel vegetables and fruits
- Set the table/ clear the table
- Load/ unload washing machine and dryer
- Fold laundry and socks
- Unload the dishwasher
- Help with recycling
- Flower arranging
- Care of plants: watering, leaf polishing, replanting, picking dead leaves
- Dusting
- Vacuum
- Sweeping
- Polish wood, glass and/ or silver
- Clean windows
- Scrub chair and table with brush and soap
- Find three ways that you can reduce, reuse, or recycle what you use in your home

Language

- Playing "I Spy"
- Sing songs together
- Puzzles
- Facetime people you love
- Mystery bag with familiar objects from around the house. Example: a spoon

Gross motor/ Interactive

- Save cardboard boxes and use masking tape to make a house, rocket ship, or any design you wish
- Hide and seek
- Have a dance party! Turn on your favorite music and dance around the house. Add props such as scarves or ribbons and offer movement suggestions such as wave your ribbon in the air, in a circle or under your legs
- Play with opposites: move fast/ slow, heavy/ light, high/ low and change the song to match the movement quality.
- Make a treasure map! Design a simple map that utilizes different gross motor skills and leads to a fun movement prop
- Hop through the kitchen, crawl around the couch, slither to your bedroom, skip down the hall.
- Make homemade shakers! Fill used containers such as water bottles with a variety of beans, coins, sand to make your homemade shaker. Have a family concert or experiment with the different sound qualities.
- Walk the line. Make a line on the floor using tape, the child walks carefully on the line, balancing their body one step at a time. To extend this work the child can walk holding a ball

- Make a fort!
- Dress like a rainbow
- Tape multiple squares down and hop from one to the next
- Transfer work with gross motor – set up a basket of objects. Using a small bowl transfer objects using both hands to another bucket

Sensory

- Finger paint
- Shaving cream painting
- Sidewalk chalk

Art

- Stickers
- Paint
- Markers
- Crayons