**Little Hands at Work and Play**

**Daily Schedules**

**(Schedules will vary some by location)**



**Infant Schedule**

6:00-7:30 Arrival/ Free Play

7:30-8:30 Breakfast

8:00-9:00 Diapers/ Exercises/ Art

9:00-10:00 Nap

10:00-10:30 Diapers

10:30-11:00 Tummy Time

11:00-11:30 Lunch

11:30-12:00 Fine Motor

12:00- 12:30 Music/ Diapers

12:30-1:00 Story Time

1:00-3:00 Nap

3:00-3:30 Diapers

3:30-4:00 Snack

4:00-4:30 Large Motor

4:30-5:00 Group Activities

5:00-5:30 Diapers/ Free Play

5:30-6:00 Departure







**One’s/Toddler Schedule**

6:00-7:30 Arrival

7:30-8:30 Breakfast

8:00-9:00 Diapers/ Potty Time/ Puzzle Time/ Books

9:00-9:20 Circle Time

9:20-10:00 Art and Center Time

10:00-10:15Diapers/ Potty Time

10:15-10:45 Math/ Science/ Cooking

10:45-11:00 Story Time/ Flashcards

11:00-11:30 Lunch

11:30-12:00 Music Time

12:00-12:45 Diapers/ Potty Time/ Outside/ Large Motor

12:45-2:45 Nap

2:45-3:00 Diapers/ Potty Time

3:00-3:30 Snack

3:30-4:15 Centers/ Art

4:15-4:30 Diapers/ Potty Time

4:30-5:15 Large Motor/ Exercise/ Outside Time

5:15-5:30 Group Activity/ Book Time

5:30-6:00 Departure

**Preschool Schedule**

6:00-8:30 Arrival/ Breakfast/ Free Play

8:30-9:00 Book/ Puzzles/ Bathrooms

9:00-9:30 Circle Time: Pledge, Calendar, Weather, Story, Explain Art & Areas

9:30-10:30 Centers/ Art

10:30-11:00 Math or Science or Cooking (Tuesday & Thursday)/ Bathrooms

11:00-11:30 Circle Time: Letter of the Week/ Music

11:30-12:00 Outside Time/ Large Motor

12:00-12:30 Lunch

12:30-1:00 Story Time/ Bathrooms

1:00-3:00 Rest Time

3:00-3:30 Circle Time/ Bathroom

3:30-4:00 Snack

4:00-5:00 Outside Time (Weather Permitting)/ Large Motor/ Areas/ Art

5:00-5:30 Centers/ Bathroom

5:30-6:00 Quiet Time/ Departure





**School Age Schedule: (Days off during the school year/at the center all day)**

6:00 am – 7:30 am: Arrival/Free Play

7:30 am – 8:30 am: Breakfast

8:30 am – 9:00 am: Books and Puzzles

9:00 am – 9:30 am: Circle Time

9:30 am – 10:00 am: Stretch and Move/Music/Dance/Interactive Story

10:30 am – 11:00 am: Science/Cooking/Math

11:00 am – 11:30 am: Center Play

11:30 am – 12:00 pm: Group Art activity

12:00 pm – 12:30 pm: Lunch

12:30 pm – 1:00 pm: Outside play/ Outside Group Games

1:00 pm – 1:30 pm: Continue outside Play if it’s nice out/Large Group Activity inside

1:30 pm – 2:00 pm: Journal

2:00 pm – 3:00 pm: Art/Quiet Center Play/Board Games

3:30 pm – 4:00 pm: Snack with Pre-K

4:00 pm – 4:30 pm: Afternoon Activity with theme

4:30 pm – 5:00 pm: Outside Time/ Large Group Activity

5:00 pm – 6:00 pm: Closing/Free Play



 

**School Age Schedule w/ Morning Field Trip**

6:00 am – 7:30 am: Arrival/Free Play

7:30 am – 8:00 am: Breakfast

8:00 am – 8:30 am: Bathroom/Sun Screen/Fill Water Bottles

8:30 am – 12:00 pm: Field Trip

12:00 pm – 12:30 pm: Lunch

12:30 pm – 1:00 pm: Outside play/ Outside Group Games

1:00 pm – 1:30 pm: Continue outside Play if it’s nice out/Large Group Activity inside

1:30 pm – 2:00 pm: Journal

2:00 pm – 3:00 pm: Art/Science/Cooking/Quiet Center Play/Board Games

3:30 pm – 4:00 pm: Snack with Pre-K

4:00 pm – 4:30 pm: Afternoon Activity with theme

4:30 pm – 5:00 pm: Outside Time/ Large Group Activity

5:00 pm – 6:00 pm: Closing/Free Play





**School Age Schedule w/ Afternoon Field Trip**

6:00 am – 7:30 am: Arrival/Free Play

7:30 am – 8:00 am: Breakfast

8:30 am – 9:00 am: Books and Puzzles

9:00 am – 9:30 am: Circle Time

9:30 am – 10:00 am: Stretch and Move/Music/Dance

10:30 am – 11:00 am: Science/Cooking/Math

11:00 am – 11:30 am: Center Play

11:30 am – 12:00 pm: Group Art activity/Sun Screen/Bathrooms/Fill Water Bottles

12:00 pm – 12:30 pm: Lunch

12:30 pm – 3:00 pm: Field Trip

3:30 pm – 4:00 pm: Snack with Pre-K

4:00 pm – 4:30 pm: Afternoon Activity with theme

4:30 pm – 5:00 pm: Outside Time/ Large Group Activity

5:00 pm – 6:00 pm: Closing/Free Play



Thank you for your interest in Little Hands at Work and Play. We look forward to the opportunity to serve your childcare needs.