

Dear Caregivers,

Consistent routines can be helpful to your child's overall well-being. As an optional resource for you, we put together a sample schedule that includes academic, outdoor and even technology time throughout the day. Please modify as appropriate for your family - this is simply a suggestion. We will continue to provide resources and optional activities for you to explore with your child on the weekly Learning Plans. We hope that this is helpful to your family and you enjoy this time together with your family.

Time (Approx.)	Activity
6:30-8:30 am	Wake up, get dressed, brush teeth, eat breakfast. Typical routine
8:30-9:00 am	Chose activities from Learning Plan**
9:00-9:30 am	Snack/Break Time
9:30 - 11:15 am	Outside Time/Choice Time
11:15 am -12 pm	Lunch
12:00 - 12:45 pm	Quiet Time (this is a great time for your child to look at books or be read to)
12:45-1:45	Nap or Indoor play/creative time, more outside time?
1:45-2:15	Chose activities from Learning Plan**
2:15-2:45	Snack time
2:45 - On	Typical family activities, routine dinner and bedtime

**The Vermont Agency of Education suggests 3-5 minutes for each activity followed by a break.

However you are your child's expert - some preschool aged children can sustain activity for shorter or longer periods of time. Please feel free to adjust as necessary based on your child's needs.