

Sample 7-Hour Schedule (420 minutes)

Time	Component	Minutes
8:00–8:45	Greetings, Readings, & Writings	45
8:45–9:00	Gathering Circle	15
9:00–9:10	Move It!	10
9:10–9:30	Clues & Questions	20
9:30–9:40	Rhyme Time/Getting Along Together	10
9:40–10:25	Restroom, hand washing, snack	45
10:25–11:30	Plan & Play	65
11:30–12:00	Lunch	30
12:00–12:45	Outdoor/Gross-motor play	45
12:45–2:00	Nap	75
2:00–2:20	STaR	20
2:20–2:35	Math Moments	15
2:35–2:40	Transition (brain game)	5
2:40–3:00	Question/Reflection – departure routine	20