

PreKindergarten Schedule

#AspenOnline

ACTIVITY

SCREEN



Morning	Rise and Shine! Normal morning routine: Breakfast, brush your teeth, and get dressed.	OFF
8:45-9:00	Morning Mindfulness	ON
9:00-9:15	Essentials Block 1	ON
9:15-10:30	Communications & Literacy Block	ON
10:30-10:45	Snack and Wiggle Time Optional fitness or Dance On Demand	OFF
10:45-12:00	Science or Social Studies Block	ON
12:00-12:30	Essentials Block 2	ON
12:30-1:00	Lunch	OFF
1:00-2:00	Rest time Essentials on Demand	OFF
2:00-3:15	Math Block	ON
3:15	Playtime	OFF
Evening	Play and Family Time Chores Dinner Bed Time	OFF

