

Kindergarten Recommended Daily Schedule

BEFORE 9

EAT BREAKFAST, MAKE YOUR BED, PREPARE FOR THE DAY

9-10

PHYSICAL ACTIVITY SUCH AS YOGO OR GO FOR A WALK

10:10-30

READING

10:30-11

HEALTHY SNACK

11-12:00

EXPLORATION TIME SUCH AS LEGOS, DRAWING, MUSIC, ETC.

12-1:00

HELP PREPARE LUNCH

1-1:30

CHORES- HELP PUT AWAY TOYS, CLEAN TABLES, ETC.

1:30-2

MATH

2-3:00

QUIET TIME- DRAW, READ A BOOK, PUZZLES

3-4:30

PHYSICAL ACTIVITIES SUCH AS MAKE UP A DANCE

4:30-5

CLEAN UP FROM THE DAY AND HELP PREPARE DINNER