The Nest
Pre-K at VCS

	A Day in The Nest: Pre-Kindergarten Sample Schedule
Morning Block	Morning Meeting
	Movement / Physical Education
	Snack / Story
	Early Literacy or Early Numeracy
	Yoga
	Lunch & Rooftop Recess
	Rest / Quiet Time
Afternoon Block	Music, Science, Art, or Library
	Social Studies
	Choice Time
	Closing Meeting