



BedRock Preschool

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Two's & Three's Home Schedule (Recommended, adapt it to what works best for you)

7:00 am - 8:00 am	Wake Up / Breakfast	Potty, wash hands, brush teeth, make your bed, change your clothes
8:00 am - 9:30 am	Morning Exercise and Free play	Family walk or yoga. Check BedRock's website for Free Play ideas
9:30 am - 10:30 am	Music & Movement	Check Tadpoles for Mr Jaime's music link
10:30 am - 11:00 am	Circle Time / Lesson of the Day	Check Tadpoles for videos
11:00 am - 11:30 am	Creative Time / Story Time	Check BedRock's Website, under "Resources" for ideas
11:30 am - 11:45 am	Clean up	Continue washing hand routine before ALL meals
11:45 am - 12:30 pm	Lunch	
12:30 pm - 12:45 pm	Clean Up Time	Wipe table, wipe chair, wipe all door handles, help sweep up
12:45 pm - 2:30 pm	Nap / Quiet Time	Reading, soft music, semi dark room, snuggle with favorite blanket
2:30 pm - 3:00 pm	Snack	Diaper change, wash hands before snack
3:00 pm - 4:00 pm	Story Time / Art Project	Check BedRock's Website, under "Resources" for ideas
4:00 pm - 5:30 pm	Afternoon Fresh Air/ Music and Movement	Check BedRock's Website, under "Resources" for ideas
5:30 pm - 6:30 pm	Dinner / Family Time	Wash hands, potty, have dinner
6:30 pm - 7:00 pm	Bathtime	Bath, wash face, potty, brush teeth
7:00 pm - 7:15 pm	Story Time	
7:15pm - 7:30pm	Bedtime	Lights off. Sweet dreams