



# BedRock Preschool

## 3-5 Yrs Old Home Schedule

(Recommended, adapt it to what works best for you)

7:00 am – 9:00 am	Wake Up	Open blinds, make bed, brush teeth, set table have breakfast
9:00 am	Parents “Drop Off” Notes to Teachers (optional)	Teacher checks in child on Tadpoles. Parents, now is the time to write notes to teacher. You have until 9:20 to write notes to teachers for them to respond to.
9:00 am – 9:15 am	Wash Hands	Bathroom
9:15 am – 9:45 am	Centers / Morning Exercises / Yoga	Check BedRock's Website under “Resources” for ideas
9:45 am – 10:00 am	Bathroom / Wash Hands	
10:00 am – 10:15 am	Morning Circle Time	Check Tadpoles for videos
10:15 am – 10:30 am	Read Aloud	Check Tadpoles for videos
10:30 am – 11:00 am	Centers	Refer to Tadpoles lesson plan. Choose 1 center to do a day.
11:00 am – 11:15 am	Music and Movement	Check Tadpoles for videos or Mr. Jaime's music link
11:15 am - 11:30 am	Get Ready for Lunch	Set table and get ready for lunch
11:30 am to 12:00 pm	Lunch Time/ Bathroom/ Wash Hands	
12:00 pm to 2:00 pm	Nap Time	Nap time/ quiet play - reading, puzzles
2:00 pm – 2:50 pm	Snack Time/ Reading/ Free Play	Check BedRock's Website under “Resources” for ideas
2:50 pm – 5:30 pm	Family Choice	Yoga, outdoor walk, board game, art
5:30 pm – 5:45 pm	Get Ready for Dinner	Wash hands/ set table
5:45 pm – 6:30 pm	Dinner Time	
6:30 pm – 7:00 pm	Get Ready for Bed	Bath/ brush teeth and floss/ pajamas on
7:00 pm - 7:30 pm	Bedtime Story/ Good Night	Lights off. Sweet dreams.