

# Yellow Caterpillar Schedule

7:00-8:30am	Open	<i>Rooms combined until numbers reach more than 8 children, Separate into individual classrooms.</i>
<b>Check Diapers</b>		
8:30am	Breakfast	<i>Wash Hands before and after meal.</i>
9:00am	Child Directed Playtime	<i>Large group play, provide a variety of options throughout the classroom. Rotate toys often.</i>
<b>Change Diapers</b>		
9:30-10:00am	Quiet Time	<i>Lights out, rest and relax with quiet music or books. Children in need of morning nap can lay down in beds, comfy pillows, floor blankets and teachers laps for the others.</i>
10:00am	AM Mini Snack	<i>Crackers, Fruit or Protein - Wash hands before and after meal.</i>
10:15am	Teacher Directed	<i>Curriculum: table activities, art, sensory</i>
11:00am	Outside Playtime	<i>Incorporate some large motor skill activities</i>
11:45am	Song and Movement time	<i>Work on familiar songs and learning songs, use ones with lots of movement. Musical instruments, tumbling, climbing...</i>
<b>Change Diapers</b>		
12:00pm	Lunch	<i>Wash Hands before and after meal.</i>
<b>Check Diapers</b>		
12:30-3:00pm	Nap Time	<i>Quiet soothing music or story on tape, sit and assist children to relax their body. 10-15 After they wake give them a book or fidget till the end of rest time.</i>
<b>Change Diapers</b>		
3:30pm	PM Snack	<i>Crackers, protein with a fruit or vegetable - Wash Hands before and after meal.</i>
4:00pm	Free choice playtime	<i>Allow children to select toys of interest to them to enjoy.</i>
4:30pm	Outside Playtime	<i>Incorporate some large motor skill activities</i>
<b>Change Diapers</b>		
5:00pm-6:00pm	Playtime Close Classroom	<i>Combine classrooms (into Yellow) once there are less than 8 children Clean, spray and close down classroom.</i>