

Toddler Schedule

7:00-8:30 Arrival/Breakfast/Free Play

- Emotional
Attachment, transition & expression of emotions
- Cognitive
Group & categorize (puzzles)
Cause & Effect (blocks)
Problem Solving (puzzles)
Memory & Space (shape sorters)
Imitation, attention & persistence
- Social
Expression & awareness of social behaviors
Interaction with peers and adults
- Language & Communications
Social communication & expressing language
- Motor
Oral motor skills
Hand-eye coordination
Small-Using sippy cups
- Physical Health
Movement & Exercise
Feeding & nutrition
Health Practices & Hand Washing

8:30-9:00 Diapering

- Motor
Large-Climbing stairs & lifting bottom
Small-Opening diaper & holding book
- Physical Health
Hand washing & Diapering
- Language & Communication
Social communication
Interaction with peers & adults

- Social Development
Interaction with peers & adults

9:00-9:45 Snack

- Motor
Oral motor skills
Hand-eye coordination
Small-Using sippy cups
- Social
Expression & awareness of social behaviors
Interaction with peers & adults
- Physical Health
Feeding & nutrition
Health practices & Hand Washing
- Language & Communication
Social Communication
Making Needs Known
Interaction with peers & adults

9:45-10:30 Free Play/Art/Music

- Cognitive
Group & categorize (puzzles)
Cause & Effect (blocks)
Problem Solving (puzzles)
Memory & Space (shape sorters)
Imitation, attention & persistence
- Social
Expression & awareness of social behaviors
Interaction with peers & adults
- Motor
Touch, grasp reach & manipulate

10:30-11:00 Outdoor Play

- Motor
Movement, balance & coordination
Touch, grasp, reach, manipulate
- Language
Understanding & Expressing Language
- Physical Health
Movement & Exercise
- Social

Interaction with peers & adults
Empathy & Social Identity

10:30-11:00 Art

- Emotional
Sense of Competence & Accomplishment
- Social
Interaction with peers & adults
- Cognitive
Group & Categorize
Cause & Effect
Problem Solving
Memory & Space
Imitation, Attention & Persistence
- Motor
Small-Hand printing, pasting, etc.
- Language Development
Understanding & Expressing Language

11:00-12:00 Free Play/Preparing for Lunch/Lunch/Diapering

- Emotional Development
Attachment & Sense of Competence
- Language & Communication
Social Communication & Expressing Language
- Physical Health
Feeding & Nutrition
Health Practices & Hand Washing
- Motor
Oral Motor Skills
Hand-eye Coordination
Small-Using Sippy Cups
- Social
Interaction with Peers & Adults

12:00-2:30 Nap

- Physical Health
Rest & Wellness

2:30-3:00 Diapering

- Physical Health
Handwashing & Diapering
- Emotional Development
Attachment & Sense of Competence

3:00-3:30 Snack

- Motor
 - Oral motor skills
 - Hand-eye coordination
 - Small-Using sippy cups
- Social
 - Expression & awareness of social behaviors
 - Interaction with peers & adults
- Physical Health
 - Feeding & nutrition
 - Health practices & Hand Washing
- Language & Communication
 - Social Communication
 - Making Needs Known
 - Interaction with peers & adults

3:30-4:15 Free Play & Finger Play

- Language & Communication
 - Social Communication (free play)
 - Interaction with Peers & Adults (free play)
- Social
 - Expression & awareness of social behaviors (free play)
 - Self-Regulation (free play)
- Cognitive
 - Group & categorize (puzzles)
 - Cause & Effect (blocks)
 - Problem Solving (puzzles)
 - Memory & Space (shape sorters)
 - Imitation, Attention & Persistence
 - Memory (finger plays)
- Motor
 - Small muscle (finger plays)
- Emotional Development
 - Attachment & Sense of Competence

4:15-4:45 Outside Play

- Physical Health
 - Movement & Exercise
- Motor
 - Movement, Balance & Coordination (climbing gym, riding cars)
 - Touch, Grasp, Reach & Manipulate (throwing balls, playing catch)

Large Motor Development (all of the above plus walking & running)

- Social

Interaction with peers & adults

Empathy & Social Identity

4:45-5:00 Snack (drink only)

- Motor

Oral motor skills (sippy cups)

Hand-eye Coordination (sippy cups)

Small (using sippy cups)

5:00-5:30 Diapering

- Physical Health

Handwashing & Diapering

Emotional Development

Attachment & Sense of Competence

5:30-6:00 Story Time & Individual “Reading”/Dancing/Puzzles/Goodbyes

- Emotional Development

Sense of Competence

Attachment, Transition & Expression of Emotions

- Social

Expression & Awareness of Social Behaviors

Interaction with Peers & Adults

- Language & Communication

Early Literacy (early reading & story time)

- Cognitive

Attention & Persistence (story time)

Problem Solving (puzzles)

Space (puzzles)

- Motor

Small Muscle-touch, grasp, reach & manipulate (puzzles)

Large Muscle-movement, balance & coordination (dancing)