

## Two Year Old Schedule

### **7:00-9:15 Arrival/Free Play/Table 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  
Greeting peers

### **9:15-9:30 Snack**

- **Motor**  
Oral motor skills  
Hand-eye coordination  
Small-Using cups, plates & spoons  
Large-Getting in & out of chair
- **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

### **9:30-10:30 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

**10:45-11:00 Circle**

- **Emotional**  
Expression & awareness of emotion  
Self-awareness & self-comforting
- **Language**  
Understanding & expressing language
- **Social**  
Interaction with peers & adults  
Empathy & social identity
- **Motor**  
Oral motor skills  
Hand-eye coordination

**11:00-11:30 Activities/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

**11:30-12:30 Free Play/Lunch/Toileting**

- **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 Cups, Plates & Spoons  
Large-Getting in & out of chair

- **Social**  
Interaction with Peers & Adults

**12:00-2:30 Nap**

- **Physical Health**  
Rest & Wellness

**2:30-3:00 Toileting/Stories**

- **Physical Health**  
Handwashing & Diapering
- **Emotional Development**  
Attachment & Sense of Competence
- **Language & Communication**  
Early Literacy

**3:00-3:30 Snack**

- **Motor**  
Oral motor skills  
Hand-eye coordination  
Small-Using cups, plates, spoons  
Large-Getting in & out of chair
- **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

**3:30-4:30 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

### **4:30-5:00 Afternoon Activities**

- **Motor**  
Large-Movement, balance & coordination  
Small-Touch, grasp, reach & manipulate
- **Social**  
Interaction with peers & adults  
Empathy & social identity

### **5:00-5:15 Snack**

- **Motor**  
Oral motor skills  
Hand-eye coordination  
Small-Using cups, plates, sporks  
Large-Getting in & out of chair

### **5:15-5:30 Toileting**

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

### **5:30-6:00 Free Play/Open Centers/Goodbyes**

- Emotional Development  
Sense of Competence  
Attachment, Transition & Expression of Emotions
- Social  
Empathy & Social Identity  
Interaction with Peers & Adults
- Cognitive  
Group & Categorize  
Cause & Effect  
Problem Solving  
Memory & Space  
Imitation, Attention & Persistence
- Motor  
Small Muscle-touch, grasp, reach & manipulate (puzzles)  
Large Muscle-movement, balance & coordination (dancing)