

Young Children's Community Schedule (Homeschooling Reference)

Several parents have asked for our morning routine at school. This is our approximate normal schedule and the routines we follow each day. Keep in mind that this "schedule" is flexible and sometimes changes slightly depending on what the children need that day, the weather, and other circumstances. There is no one right way to organize your day! Everyday is different and young children change so quickly. They often need different things on different days. This is just an example of what your children are accustomed to at school. As with everything in the young children's community, consistency is key to helping them be independent. Find what works for your family and go with that!

Daily Schedule at School

8:30-8:45 Children arrive

Arrival Routine

- When the children arrive they put their coats and bags in their closet.
- Next they use the bathroom (and change into underwear and slippers if toileting).
- They wash their hands.
- Then they are ready to choose their first work of the day.

8:45-10:00 Work cycle begins

*Examples of Work at Home (also, see week 1 document):

- Puzzles
- Fine motor activities, such as bead stringing, sewing, cutting, gluing, etc.
- Language materials, such as books, nursery rhymes, and cards
- Outdoor work like gardening, sweeping the patio, digging for worms, watering plants, picking flowers to make a flower arrangement, collecting leaves, etc.
- Preparing food for lunch
- Sorting laundry
- Washing breakfast dishes
- Dusting shelves
- Making a flower arrangement
- Art activities, such as painting, drawing, working with clay, chalk.

10:00 Two children set the table for refreshment, other children begin putting their work away.

Table Setting Routine

- First the children take placemats, napkins, bowls, cups, and forks out of the cupboard and place them one at a time on the countertop, in that order.
- Next the children place placemats on the table, one for each child.
- They continue setting the table, one item at a time. First all the placemats, then all the napkins, then all the bowls, etc.
- Lastly, the water pitchers and serving bowls are placed on the table.

*This routine can easily be changed to fit your home environment. For example, you could take the items out of the cabinet and hand them one at a time to your child for them to bring to the table. Another option is for these items to be placed in a low cabinet where the child can simply take one at a time to the table. What matters most is that your child can have the opportunity to do some part of the routine independently and that the routine stays consistent if possible.

10:10 Table is set and everyone gathers together to sing 3-4 songs

Songs we sing at school:

- Twinkle Twinkle Little Star
- The Itsy Bitsy Spider
- The More We Get Together
- Head, Shoulders, Knees and Toes
- Elephants Have Wrinkles
- I'm a Little Tea Pot
- Five Little Ducks
- The Wheels on the Bus
- The Ants go Marching
- Down by the Bay
- Baby Beluga
- Row Row Row Your Boat
- Mary Had a Little Lamb
- Rain Rain Go Away
- I've Been Working on the Rail Road
- I Love You, You Love Me (Barney song)
- You Are My Sunshine

10:15- Children are invited one at a time to sit down for refreshment

Refreshment Routine

- Once all the children are seated with their legs under the table they each extend their arms out to hold hands with the person next to them and together we sing a song of thanksgiving.
- Next the children serve themselves food from the serving bowls and when they are finished serving they pass the bowl to the child next to them, moving in a counter clockwise direction.
- Once all of the children have a little bit of each type of food in their bowl, they pour their water.
- When every child has finished pouring their water they place their hands in their lap and wait.
- Once everyone is ready the teachers signal that the meal is beginning by saying “you may begin to eat now.”

*At home this can be changed to fit your family’s culture and routine. .

10:15-10:40 Refreshment clean up

Clean Up Routine

- The children are dismissed one at a time.
- When a child is dismissed they stand up, push their chair in, and carry each item away from the table one at a time beginning with their bowl.
- They place the bowl on the dish-washing stand to be cleaned later.
- Once their dishes are cleared they put their placemat and napkin in the dirty laundry basket.
- They wipe their mouth with a wet washcloth that is prepared ahead of time.
- Then everyone uses the bathroom and washes their hands.

*At home this routine can be changed so that the child brings their dishes, one at a time to the sink (you can place a stool by the sink ahead of time so they can reach it). Or, you could place a basin in the kitchen (on a low surface) where the child can bring their dirty dishes. Again, what matters most is the opportunity for independence and consistency. Whatever you choose, try to make it the same everyday.

10:50-11:10 Resume independent work or go outside for gross motor activities

11:10-11:25 Use bathroom again, put coat on and gather to listen to books read out loud

11:25-11:30 Reading until pickup

Example of Morning Schedule at Home

7:00 Wake up, use the bathroom, change into their clothes and are ready to begin the day.

7:30 Eat breakfast (You may or may not choose to incorporate a table setting routine for breakfast).

8:00 Clean up breakfast, and use bathroom if necessary

8:30 Individual work time

10:30 Sing songs together, recite nursery rhymes or read together

11:00 Begin setting the table for lunch

11:30-12:00 Eat lunch

12:15 Clean up, use bathroom