

Preschool Age

- Laminate and place on the fridge or wall
- Print a blank copy (last 3 pages) and place it inside a plastic sleeve to use each day and write your own activities in the blanks provided
- Link to California Department of Education resources: Resources that Support Distance Learning

8am-8:30am	Daily Living Skills	Brush your teeth and hair Change into your clothes Put clothes away
8:30am-9:00am	Breakfast	Help with breakfast (Check in with your school district for “Free Meals”)
9:00am-10:00am	Get up and Move	Go on a drive Go on a walk Yoga Yoga Time! On the Farm Go Noodle (YouTube) Milk Shake Pop See Ko 2.0
10am-12:30 pm	Learning	Pretend Play: Doctor, Dinner, Pizza, Cooking, Firefighter etc. Building Activity: LEGOs, Magna-Tiles Social Sensory: Peek-a-boo, Hide & Seek, Play Cath, Shaving Cream, Plant seeds in a cup etc. Circle Time: Songs, Books, Imitation (“Simon Says”) Table Top Activities: Preschool Activities
12:30pm-1pm	Lunch	Go wash hands (20 seconds with soap and water) Eat at the table Wash Your Hands Song

1pm-1:30pm	Quiet/Free Time	Set up an area with a tent, bean bags, or pillows with some age appropriate books, toys, and activities. Establishing Quiet Time
1:30pm-2:30pm	Learning	Pretend Play: Doctor, Dinner, Pizza, Cooking, Firefighter etc. Building Activity: LEGOs, Magna-Tiles Social Sensory: Peek-a-boo, Hide & Seek, Play Cath, Shaving Cream, Plant seeds in a cup etc. Circle Time: Songs, Books, Imitation (“Simon Says”)
2:30pm-3:00pm	Chores	Small Tasks Around the House: <ul style="list-style-type: none"> • Put shoes away • Sort laundry (by color) • Water plants • Pick up toys
3:00pm-4:00pm	Free Play	Free time (electronic time okay)
4:00pm-5:00pm	Fresh Air/ Stay Active	Go on a drive Go on a walk Yoga Yoga Time! On the Farm Go Noodle (YouTube) Milk Shake Pop See Ko 2.0
5:00pm-6:00pm	Dinner Time	Help with Dinner: <ul style="list-style-type: none"> • Counting utensils • Counting cups • Set napkins on the table • Carry their plate to table/sink
6:00pm-7:30pm	Free Time	Parents, give options of what is appropriate
7:30pm-8:00pm	Get Ready for Bed	Can use visual schedule: Getting Ready for Bed Visual

8:00pm	Bed time	Important to be consistent and maintain a routine
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Visual schedules:
 Visual Schedule Visuals
 Visual Schedule and Chores Visual

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