

Toddler/ Pre-K Daily Schedule

All of the sudden, just like that, we are all at home together... *all the time*. Creating a daily schedule or routine is one of the greatest tools you can use to help make this time go smoothly. It gives your child predictability and security. Post this schedule visually so that they can see it, and even involve them in designing the order of the day. Your day doesn't have to look like this sample, make it work for your family.

Sample Daily Schedule

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|----------|--------------------------------|
| 7:00 AM | Breakfast & Reading |
| 7:30 AM | Free Play |
| 8:00 AM | Get Dressed / Grooming |
| 8:30 AM | Music |
| 9:00 AM | Craft |
| 9:30 AM | Gross Motor Activity |
| 10:00 AM | Snack |
| 10:30 AM | Outside Play |
| 11:30 AM | Free Play |
| 12:00 PM | Lunch |
| 1:00 PM | Nap or Quiet Time |
| 3:00 PM | Fine Motor Play/ Sensory Play |
| 4:00 PM | Life Skills/ Therapy Exercises |
| 5:00 PM | Dinner |
| 6:00 PM | Family Time |
| 7:00 PM | Bed Time |

Stay-at-Home Tips

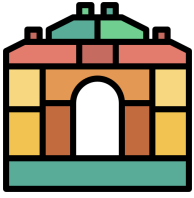
- Be flexible. The point of this is primarily to establish a familiar rhythm.
- Schedule time for transition both before and after each activity. Involve the kids with set-up and clean up.
- Short manageable time blocks, work best- (30 minutes)
- There will be times you will be unable to entertain your child, this is a great season to teach the skill of independent play!
- Reserve screen time for the moments when you need it.

Activity Cards:



Print and cut activity cards and keep them easily accessible. Use them to design your schedule with your child at the beginning of the day.

Free Play



- Trucks, Dolls, Trains, Kitchen
- Imaginary Play
- Building Blocks/ Legos
- Building a Fort
- Looking at Books/ Books on Tape
- Water Play- Pouring, Washing
- Dress Ups

Music



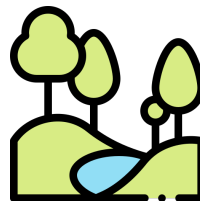
- Sing Along Songs
- Musical Instruments
- Clapping
- Dancing
- Kitchen Utensil Band
- Learn an Instrument: YouTube
- Rhythm (*Going on a Bear Hunt*)

Gross Motor



- Obstacle Course with Furniture
- Dance Party
- GoNoodle.com
- Animal Crawl Races
- Yoga for Kids
- Skipping/ Hopping/ Jumping
- Toss/ Basketball/ Soccer/ etc.

Outdoor



- Take a Walk
- Ride a Bike/ Scooter
- Wash Toys
- Have a "Picnic"
- Chalk/ Bubbles
- Scavenger Hunt
- Plant Seeds or Play in the Dirt

Fine Motor



- String Large Noodles
- Insert Small Items in Empty Wipes Container
- Tongs Transfer Activity
- Play Dough
- String Pipe Cleaners Through Strainer

Sensory



- Shaving Cream
- Rice Bins/ Bean Bins
- Heavy Work Activities
- Swing / Rocking Chair
- DIY Oobleck Recipe
- Make your Own Play Dough
- Finger Paint

Daily Living



- Getting Dressed
- Putting on Coat- Button/ Zipper
- Putting on Shoes and Socks
- Helping with Cleaning
- Helping with Cooking/ Baking
- Folding Washcloths or Clothes
- Money Play- Play Store.

Therapy Exercises



- Whatever fabulous homework exercises your therapist gives you to be strengthening skills at home!
- At your next TeleTherapy session ask your therapist how you can be addressing these skills throughout the week!