

Heartwood Preschool

Daily Rhythm During COVID-19

9:00 a.m. – 9:15 a.m. Welcome! We open our doors at 9:00 a.m. You will bring your child to the gate when you arrive. We have an outdoor cubby system where your child will place their lunchbox. A teacher will do a temperature check and sanitize your child's hands before they go off to play on the playground. We also have a covered area that has welcoming activities such as puzzles, manipulatives, art, and books. We remain outside until about 9:45 a.m.

9:45 a.m. – 11:00 a.m. Indoor Explore and Play This is our open work time when children have uninterrupted time to explore, work, and play. Children can choose from the different areas in the classroom, possibly working on an individual activity or collaborating with others. During this time, a teacher may call children over for journal writing, an art project, or other small group work. A self-serve snack is also available when each child feels hungry.

11:00 a.m. Clean up and Gathering We clean up our classroom and then have a group gathering. During this time, we may sing songs, read a story related to our monthly theme, have a discussion, or write a group story.

11:15 a.m. – 12:00 p.m. Outside Play We go outside every day no matter the weather. We are mostly in our play yard where the children can choose from playing in the playhouse, digging, playing with trucks and planks, playing at the fairy house, playing soccer or basketball, hiding in the willow hut, drawing with sidewalk chalk, running, or climbing. On some days, we may go to our nearby Community Garden to care for our garden plot. Once per week, we have **Music Together** in our outdoor covered area during this time.

12:00 p.m. Clean up and Eat Lunch Children clean up our outside area as a group. We go inside to wash hands and sit for lunch.

12:30 p.m. End of Lunch Children can start cleaning up their space if they feel ready. They may also continue eating as they learn to regulate themselves. After washing hands, children look at books individually or with a friend until everyone is done eating. Then we get ready for rest time by using the bathroom and setting up cots.

1:00 p.m. – 2:30 p.m. Rest Some children nap while other children rest, read stories, do puzzles, work on art projects, play board games, create with recycled materials, or do small group work with a teacher.

2:30 p.m. – 3:00 p.m. The children have "specials" during this time. Monday is Spanish, Tuesday is drama, Wednesday is sign language, and Thursday is yoga.

3:00 p.m. Snack and bathroom.

3:30 p.m. – 5:00 p.m. Outside We go back outside to play. Parents generally arrive anytime between 3:30 p.m. and 4:50 p.m. Children gather their belongings and then say goodbye to teachers and friends. We are closed at 5:00 p.m.