















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](#)

<p>8am-8:30am</p>	<p>Daily Living Skills</p> 	<p>Brush your teeth and hair Change into your clothes Put clothes away</p>
<p>8:30am-9:00am</p>	<p>Breakfast</p> 	<p>Help with breakfast (Check in with your school district for “Free Meals”)</p>
<p>9:00am-10:00am</p>	<p>Get up and Move</p> 	<p>Go on a drive Go on a walk Yoga Yoga Time! On the Farm Go Noodle (YouTube) Milk Shake Pop See Ko 2.0</p>
<p>10am-12:30 pm</p>	<p>Learning</p> 	<p>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”)</p> <p>Table Top Activities: Preschool Activities</p>
<p>12:30pm-1pm</p>	<p>Lunch</p> 	<p>Go wash hands (20 seconds with soap and water) Eat at the table Wash Your Hands Song</p>




<p>1pm-1:30pm</p>	<p>Quiet/Free Time</p> 	<p>Set up an area with a tent, bean bags, or pillows with some age appropriate books, toys, and activities. Establishing Quiet Time</p>
<p>1:30pm-2:30pm</p>	<p>Learning</p> 	<p>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”)</p>
<p>2:30pm-3:00pm</p>	<p>Chores</p> 	<p>Small Tasks Around the House:</p> <ul style="list-style-type: none"> • Put shoes away • Sort laundry (by color) • Water plants • Pick up toys
<p>3:00pm-4:00pm</p>	<p>Free Play</p> 	<p>Free time (electronic time okay)</p>
<p>4:00pm-5:00pm</p>	<p>Fresh Air/ Stay Active</p> 	<p>Go on a drive Go on a walk Yoga Yoga Time! On the Farm Go Noodle (YouTube) Milk Shake Pop See Ko 2.0</p>
<p>5:00pm-6:00pm</p>	<p>Dinner Time</p> 	<p>Help with Dinner:</p> <ul style="list-style-type: none"> • Counting utensils • Counting cups • Set napkins on the table • Carry their plate to table/sink
<p>6:00pm-7:30pm</p>	<p>Free Time</p> 	<p>Parents, give options of what is appropriate</p>
<p>7:30pm-8:00pm</p>	<p>Get Ready for Bed</p> 	<p>Can use visual schedule: Getting Ready for Bed Visual</p>

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](#)

<p>8am-8:30am</p>	<p>Daily Living Skills</p> 	
<p>8:30am-9:00am</p>	<p>Breakfast</p> 	
<p>9:00am-10:00am</p>	<p>Get up and Move</p> 	
<p>10am-12:30 pm</p>	<p>Learning Time</p> 	
<p>12:30pm-1pm</p>	<p>Lunch</p> 	
<p>1pm-1:30pm</p>	<p>Quiet/Free Time</p> 	



<p>1:30pm-2:30pm</p>	<p>Learning Time</p> 	
<p>2:30pm-3:00pm</p>	<p>Chores</p> 	
<p>3:00pm-4:00pm</p>	<p>Free Play</p> 	
<p>4:00pm-5:00pm</p>	<p>Fresh Air/ Stay Active</p> 	
<p>5:00pm-6:00pm</p>	<p>Dinner Time</p> 	
<p>6:00pm-7:30pm</p>	<p>Free Time</p> 	



<p>7:30pm-8:00pm</p>	<p>Get Ready for Bed</p> 	
<p>8:00pm</p>	<p>Bed time</p> 