

UNI CDC Cubs Room Daily Schedule

<p>Early Morning</p> <p>7:30 to 9:00</p> <p>* Breakfast ends by 8:30-8:45 AM</p>	<p>All Day On-Going Routine Care</p> <p>* *</p> <p><u>Routine Care Includes:</u></p>	<p>Arrival</p> <p>*Greet Each Child and Parent. Ask for any special instructions.</p> <p>Free Choice Play (Children may choose from any/all activity centers: Relaxation, Dramatic Play, Books, Music/Movement, Fine Motor, and Blocks.)</p> <p>Breakfast for all children is offered.</p> <p>*Brush Teeth</p> <p>Free Choice Play with Guided Options Activity centers listed above plus: Teachers are interacting with children in some planned activities -Teachers guided options may include: sensory table, cooking, writing, dancing, creative arts, etc...</p>
<p>Mid Morning</p> <p>9:30 to 11:00</p>	<p>Diapering, * Nose Wiping, * Hand Washing,</p>	<p>Gross Motor Activity</p> <p>*Outside: Free play with materials on the playground or campus/Neighborhood walk/stroll</p> <p>*Inside: Free play In the gym only if weather prohibits outside time. Choices include: balls, hula hoops, blocks, bean bags, bikes, parachutes, and other manipulatives.</p> <p>Snack wash hands/faces.</p> <p>Free Choice Play (Children may choose from any/all activity centers: relaxation, dramatic play, books, music/movement, fine motor, and Blocks.) Teachers are interacting with children in some planned activities -Teachers guided options may include: sensory table, cooking, writing, dancing, creative arts, etc...</p>
<p>Lunch</p> <p>11:30 to 12:00</p>	<p>& Resting * * On-Going Routine Care</p>	<p>Lunch</p> <p>*Wash Hands *Book/ Story Time *Nutrition Activity *Brush Teeth *Clear Dishes, Wash Hands, go to cots/cribs.</p>
<p>Rest/Nap</p> <p>12:00 to 2:00</p>		<p>Rest Time Soft music and comforting touch until all are asleep.</p> <p>Free Play in the Hallway as children wake and are ready to play they may go to the hallway to play with provided activity/toys.</p>
<p>Late Afternoon</p> <p>2:00 to 5:00</p>		<p>Snack wash hands/faces.</p> <p>Free Choice Play with Guided Options Activity centers listed above plus: Teachers are interacting with children in some planned activities -Teachers guided options may include: Sensory table, cooking, writing, dancing, etc.</p> <p>Gross Motor Activity</p> <p>*Outside: Free play on the playground with blocks, riding/push toys, hula hoops, balls, & chalk.</p> <p>*Inside: Free play in the gym only if weather prohibits outside time. Choices include: balls, hula hoops, blocks, bean bags, bikes, parachutes, and other manipulatives.</p> <p>Free Choice Play (Children may choose from any/all activity centers: relaxation, dramatic play, books, music/movement, fine motor, and blocks.)</p> <p>Departure</p> <p>*Greet Parents and fill them in on child's day.</p>