

Suggested Daily Schedule for 3s and 4s

7:30 Good morning! Modeh Ani, wash hands, get dressed, have breakfast, brush your teeth and free play

9:00- Good morning circle and davening via Whatsapp video message from teacher

9:15 -10:15 Center time. Using ideas from your teacher's weekly plan, set up learning areas with math, fine motor, literacy activities.

10:15- 10:30 – Clean up and put all supplies away

10:30- 10:45- Wash hands with soap and water while singing your favorite song. Have your child help prepare a healthy snack like fruit or vegetable slices, chumus or yogurt dip etc. Enjoy your snack, don't forget to say the bracha first!

10:45- 11:15 – Go outside to play, ride bikes etc

11:15- 11:30 – Come inside and wash hands well with soap while singing a song

11:30- 11:45- Whatsapp learning circle or story video from the morahs

11:45- 12:00 Wash hands and help parent prepare a nutritious lunch

12:00-12:30- lunch time with family. Use this time to have conversations with your child/children rather than having them watch TV. Notice letters or words on food packaging, discuss colors, shapes or textures of the foods eating, practice good table manners etc.

12:30-12:45- Clean up after lunch. Have your child assist in sweeping, wiping the table, washing at the sink etc.

12:45- 1:15 quiet time, reading books, playing with legos, listening to a story on a recording, or a short rest time.

1:15- 1:30 Whatsapp learning video from a Morah or resources given on the school website

1:30- 2:30 Center learning time. Put out materials like playdough, paper, scissors, crayons, paint etc. Let your child explore and work at different stations. Have your child practice writing their names or individual letters.

2:30-2:45 Clean up and put all the supplies away.

2:45-3:00- Music and movement. Put on some music and have a fun jamming, dance session. Do some yoga stretches and poses and breathing exercises like the balloon breath.

Make sure to spend some time outdoors in the afternoon. Check out this website for great outdoor learning activities.

<https://littlepinelearners.com/100-low-prep-activities-you-can-do-on-your-own-backyard/21>

Have your child help prep a healthy dinner. Some educational screen time is ok to keep your family's sanity. Check out the links on our page for educational sites.