

# Daily Schedule

## Developmentally Appropriate Practice in Action

We know that 4 year olds have developmental needs and we want a daily schedule of activities that's appropriate for 4-year-old's needs. Planning and implementing daily schedules that balance time across learning settings and maximize opportunities for children's active engagement can significantly impact behavior and learning.

### What it looks like in Action:

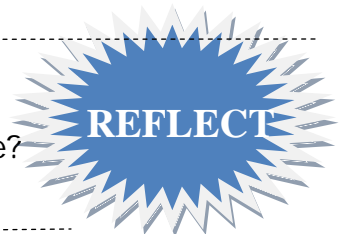


- Teachers plan a consistent schedule with:
  - ✓ Choice time: centers + outdoor 1/3 day (e.g., 2 hours in a 6 hour day)
  - ✓ Small groups- brief, 2+ times (15 mins)
  - ✓ Whole group- brief (15-20 mins)
  - ✓ Alternating active and quiet times
  - ✓ Minimal transitions (few, brief)
- Timing of plans are flexible, based on child engagement (e.g., activities lengthened or shortened)
- Teachers regularly refer to a visual schedule, displayed at children's eye level

### What to avoid:

- Inconsistent, unpredictable activities
- Few opportunities for child choice
- Few opportunities for individualized learning in small groups
- Frequent/extended whole group
- Frequent/long transitions with "sit and wait" or "quiet" time
- Timing of daily schedule stays the same, regardless of child engagement
- Visual schedules aren't posted or "hang on the wall" so that children don't know what to expect each day

- What parts of your schedule could you shorten to allow for more active child learning in small groups, choice time, outdoor time?
- How do you balance structure and flexibility in your daily schedule?
- When do you use a visual schedule with children, and why?



### Daily Schedule Example (6 hour program)

|  |             |  |             |
|--|-------------|--|-------------|
| <b>Arrival and Centers choice time</b> (30 mins) | 9-9:30      | <b>Lunch + transition</b> (40 mins)          | 11:55-12:35 |
| <b>Whole Group</b> (15-20 mins)                  | 9:30-9:50   | <b>Rest / quiet time</b> (60 mins)           | 12:35-1:35  |
| <b>Morning snack + transition</b> (20 mins)      | 9:50-10:10  | <b>Outdoor choice + transition</b> (30 mins) | 1:35-2:05   |
| <b>Centers choice time</b> (1 hour)              | 10:10-11:10 | <b>Whole group read-aloud</b> (15 mins)      | 2:05-2:20   |
| <b>Small groups + transition</b> (20 mins)       | 11:10-11:30 | <b>Small groups + transition</b> (15 mins)   | 2:20-2:35   |
| <b>Whole Group</b> (10 mins)                     | 11:30-11:40 | <b>Group meeting + transition</b> (20 mins)  | 2:35-2:55   |
| <b>Whole Group read-aloud</b> (15 mins)          | 11:40-11:55 | <b>Departure</b>                             | 3           |