






Special Education MM/DHH/OI/ED/VI: Preschool

<p>Before 9:00am</p>	<p>Wake-up</p> 	<p>Eat breakfast, make your bed, get dressed, brush teeth</p>
<p>9:00—10:00</p>	<p>Morning Movement</p> 	<p>Walk the dog, Yoga if it's raining, Go Noodle activities: (https:// www.gonoodle.com/)</p>
<p>10:00—11:00am</p>	<p>Academic Time</p> 	<ul style="list-style-type: none"> • Read books (explore the SORA app (https:// meet.soraapp.com/), Sing songs, board games (good for counting, colors, social-emotional learning) • Online resources that provide multiple opportunities to explore letters, numbers and math through games. Starfall ABCya PBS Learning Media
<p>11:00—12:00pm</p>	<p>Creative Time</p> 	<p>Legos, blocks, drawing, painting, cooking, slime making</p> <p>Look at the Activities ideas provided Additional activity ideas available at the following website: Mommy Poppins</p>
<p>12:00pm</p>	<p>Lunch</p> 	
<p>12:30pm</p>	<p>Chores</p> 	<p>Pick up toys, tidy bedroom, wipe down surfaces</p>
<p>1:00—2:30pm</p>	<p>Quiet Time</p> 	<p>Reading, puzzles, nap</p>
<p>2:30—4:00pm</p>	<p>Academic Time</p> 	<p>Opportunities to hear books read aloud: Unite for Literacy Bookflix (Username: Learning20 Password: Clifford)</p>
<p>4:00—5:00pm</p>	<p>Afternoon Movement</p> 	<p>Ride bike/scooter, walk the dog, play outside</p>

5:00—6:00pm	 Dinner	
6:00—8:00pm	Free Electronics Time 	Kid-friendly shows and games A fun games website: PBS Kids Sesame Street
8:00pm	Bed-time	All kids