

Recommended Buffalo Public Schools  
Pre-Kindergarten Daily Schedule

Recommended Time Allotment	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30 am (30 mins)	<b>Healthy Start</b> Children wake up and brush their teeth. Allow children to assist in making breakfast. While eating breakfast together discuss the plans for the day. Allow children to help clean up their area as they get ready for their school day at home.				
8:30-9:00 am (30 mins)	<b>Morning Movement</b> Begin mornings with stretches or child friendly yoga.				
9:00-10:00 am (60 mins)	<b>Early Literacy Time</b> To include literature and reading experiences, read aloud stories, sing songs or fingerplay. This is a good time to include alphabet card activities, Rhyming activities or use the oral language development activities for other literacy ideas. Allow children to be the "Teacher." Let them tell you or re-tell a story that they are familiar with. *Remember our little ones need time to wiggle. We never expect them to sit and focus for a 60 min. time span. Taking little breaks between activities is a good idea.				
10:00-11:00 am (60 mins)	<b>ELA Fun Time</b> This is a great time to bring a technological component into learning. Use a reading website to have a story read aloud, open a literacy based app, go on a virtual field trip and use the blank pages in their writing journal to tell a story about it. Draw a picture to show what they learned.				
11:00-11:30am (30 mins)	<b>Music &amp; Movement</b> Sing and dance to new songs, poems, fingerplay, or dance moves; this helps children with oral language, rhyming and rhythm.				
11:30-12:00 am (30 mins)	<b>Lunch</b> Children should prepare for lunch by washing their hands and helping to set the table. Encourage table manners, oral language and good nutrition. Parents can encourage children to discuss their favorite meals or recount a trip to a grocery store or farmer's market, etc. Expand children's vocabulary by naming utensils and other items that are part of the meal or snack. Continue using these words throughout the meal (e.g., plate, cup, fork, spoon, platter). Model how to have social conversations with others during mealtimes. Introduce a topic to talk about such as the day's weather or a book read aloud to get the conversation started.				
12:00-12:30 pm (30 mins)	<b>Science/Sensory</b> Since you're already in the kitchen, now's a great time to whip up some playdoh or create another sensory material using things already in your kitchen. A list of ideas has been provided for you. Have children shape the letters in their names. For rice, put it on a cookie sheet and let them use it to write letters in or they can draw shapes. You can also try shaving cream for this activity as well. Add a few drops of food coloring for a little more fun.				
12:30-1:00 pm (30 mins)	<b>Recess/Gym</b> Gym games or indoor play. During this time, try using action verbs, adjectives, or positional words to describe what your children are doing as they move. Use open-ended questions to prompt children to talk about things in the environment if you are outside.				
1:00-1:30 pm (30 mins)	<b>Math Time</b> Use the suggested math activities for families or other activities that your child's teacher has sent home. Focus on counting to 20, counting like objects, playing card games, or sorting things (socks count too)!				
1:30-2:00 pm (30 mins)	<b>Quiet Time</b> Children should rest quietly and reflect on how there is going. They can read a book, write in their journals, or play quietly with a favorite toy.				
2:00-2:30 pm (30 mins)	<b>Story Time / Reflection / Snack</b> Conclude each day with a wrap-up routine. Review the day's activities and preview what learning is yet to come. Have a healthy snack. Let them choose (if possible) and prepare the snack.				