



A day in our nest

Infants daily schedule

6 weeks – 12 months

6:00–7:15 AM	Free play
7:15–9:00 AM	Breakfast & free play
9:00–9:15 AM	Mat time / Little Wings / outdoor (6 mo & older)
9:15–9:25 AM	Song & story time
9:25–9:35 AM	Manipulatives
9:35–9:50 AM	Music time
9:50–10:10 AM	Circle time
10:10–10:20 AM	Outdoor play
10:20–11:00 AM	Wash hands & lunch
11:00–11:15 AM	Story time
11:15–11:30 AM	Manipulatives
11:30–1:30 PM	Backs & bellies (nap)
1:30–2:00 PM	Snack time
2:00–2:45 PM	Gross motor development
2:45–3:00 PM	Manipulatives
3:00–3:15 PM	Circle time
3:15–4:00 PM	Art time
4:00–4:15 PM	Story time
4:15–4:30 PM	Table toys
4:30–5:00 PM	Gross motor development
5:00–6:30 PM	Mat time / free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Diaper changes every two hours and as needed. During inclement weather, indoor activities (manipulatives & mats) replace outdoor play. Hands are washed between activities.

3 Little Birds Preschool & Learning Center · Open Mon–Fri 6:00 AM–6:30 PM
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A day in our nest

Toddlers 1 daily schedule

12 – 24 months

6:00–7:15 AM	Free play
7:15–8:15 AM	Wash hands · breakfast & free play
8:15–9:00 AM	Wash hands · breakfast / music & movement
9:00–9:15 AM	Circle time / Little Wings
9:15–9:30 AM	Small group / curriculum activity
9:30–10:00 AM	Outdoor play or sand room · wash hands
10:15–10:45 AM	Interest areas
10:45–11:00 AM	Circle time
11:00–11:30 AM	Wash hands & lunch
11:30–2:00 PM	Backs & bellies (nap)
2:00–2:30 PM	Wash hands / snack time
2:30–3:15 PM	Music time / small group activity
3:15–3:35 PM	Circle time / Little Wings
3:35–3:50 PM	Manipulatives
3:50–4:15 PM	Songs / story time
4:15–4:45 PM	Outdoor play (combine with Toddlers 2)
4:45–5:00 PM	Wash hands · interest areas
5:00–5:45 PM	Story time / music time
5:45–6:00 PM	Combine groups / table toys
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Diaper changes every two hours and as needed. During inclement weather, indoor activities replace outdoor play. Hands are washed between activities.

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A day in our nest

Toddlers 2 daily schedule

12 – 24 months

6:00–7:15 AM	Free play
7:15–9:00 AM	Breakfast / interest areas
9:00–9:15 AM	Little Wings / music & movement
9:15–9:45 AM	Small group activity (art)
9:45–10:00 AM	Circle time
10:00–10:30 AM	Curriculum-based activity
10:30–11:00 AM	Outdoor play / sand room
11:00–11:15 AM	Story time
11:15–11:45 AM	Wash hands & lunch
11:45–2:15 PM	Backs & bellies (nap)
2:15–2:50 PM	Potty time / snack
2:50–3:15 PM	Outdoor play / sand room
3:15–3:40 PM	Spark / gross motor development
3:40–3:55 PM	Story time
4:00–4:45 PM	Outdoor play (combine with Toddlers 1)
4:45–5:00 PM	Interest areas
5:00–5:45 PM	Story time / music time
5:45–6:00 PM	Combine groups / table toys
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Diaper changes every two hours and potty training every 30 minutes, as needed. Indoor alternatives are used during inclement weather. Hands are washed between activities.

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A day in our nest

Preschool • 3's daily schedule

3 years

6:00–7:15 AM	Arrival • free play in gathering room
7:15–9:00 AM	Breakfast, attendance & table toys
9:00–9:45 AM	Outdoor / health & fitness activity
9:45–10:00 AM	Morning meeting / story time
10:00–10:55 AM	Small group / independent center
10:55–11:10 AM	Class meeting
11:10–11:25 AM	Read aloud / music
11:25–12:05 PM	Wash hands & lunch
12:05–2:20 PM	Quiet time / backs & bellies
2:20–2:50 PM	Wash hands • snack / potty time
2:50–3:05 PM	Music & movement
3:05–3:15 PM	S.T.R.E.A.M. activity
3:15–3:35 PM	Class meeting / sand room
3:35–4:00 PM	Character development / potty time
4:10–5:30 PM	Outdoor play • combine groups
5:30–6:00 PM	Spark / Little Wings
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Potty time every 30 minutes. During inclement weather, indoor activities replace outdoor play. Hands are washed between activities.

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A day in our nest

Preschool • 4's daily schedule

4 years

6:00–7:15 AM	Arrival · free play in gathering room
7:15–9:00 AM	Breakfast, attendance & fine motor practice
9:00–9:20 AM	Music & movement
9:20–9:50 AM	Class morning meeting
9:50–10:30 AM	Small group / independent center
10:30–11:15 AM	Little Wings / outdoor / health & fitness
11:15–11:40 AM	Reading / literacy / table activities
11:40–12:15 PM	Wash hands · lunch & bathroom time
12:15–2:15 PM	Quiet time / backs & bellies
2:20–3:00 PM	Wash hands · snacks
3:00–3:15 PM	Story time / music & movement
3:15–3:35 PM	S.T.R.E.A.M. activity
3:35–4:00 PM	Sand room / music & movement
4:00–4:15 PM	Character development activities
4:15–5:30 PM	Outdoor play · combine groups
5:30–6:00 PM	Spark / Little Wings
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Potty time every 30 minutes. During inclement weather, indoor activities replace outdoor play. Hands are washed between activities.

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A day in our nest

VPK & Wraparound daily schedule

4 – 5 years

6:00–7:15 AM	Arrival · free play in gathering room
7:15–9:00 AM	Breakfast, attendance & bathroom time
9:00–9:30 AM	Morning meeting / story time
9:30–10:15 AM	Small group / STEAM
10:15–10:30 AM	Class meeting / calendar
10:30–11:05 AM	Centers / independent center time
11:05–11:20 AM	Class meeting / music & movement
11:20–11:30 AM	Bathroom time / wash hands
11:30–12:00 PM	Outdoor / health & fitness activity
12:00–12:30 PM	Wash hands & lunch
12:30–2:30 PM	Quiet time / backs & bellies
2:30–3:00 PM	Wash hands · snack
3:00–3:15 PM	Story time
3:15–3:45 PM	Creative arts / STEAM activity
3:45–4:00 PM	Character development activities
4:00–4:15 PM	Sand room / music & movement
4:15–5:30 PM	Wash hands · outdoor play & combine groups
5:30–6:00 PM	Spark / Little Wings
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

State-funded VPK instruction runs within the day, with wraparound care available before and after. Indoor alternatives are used during inclement weather; hands are washed between activities.

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A day in our nest

School Age daily schedule

Kindergarten & up

6:00–7:15 AM	Free play
8:30–9:15 AM	Outdoor play
9:15–10:00 AM	Small group activities / interest areas
10:00–11:00 AM	Table toys
11:00–12:00 PM	Curriculum activities
12:00–12:30 PM	Imaginative story time
12:15–12:45 PM	Lunch
12:45–3:00 PM	Field trip / quiet time
3:00–3:35 PM	Snack time
3:35–4:30 PM	Interest areas / art & craft
4:30–5:30 PM	Outdoor play
5:30–6:00 PM	Spark / music time / sand room
6:00–6:30 PM	Free play

● Meals, rest & routines ● Learning & group time ● Movement & outdoor

Schedule shown is for non-school days (holidays, breaks & summer). On school days, children join after dismissal: 3:00 wash hands & snack · 3:35 interest areas, art & homework help · 4:35 outdoor play · 5:30 Spark / music / sand room · 6:00 free play.

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