

# Schedule

*Two Day Program: Tuesdays and Thursdays, 8:30 - 2:30*



## 8:30 Outdoor Play

Daily unstructured outdoor time provides exercise, fresh air, and vitamin D while building social skills and gross motor skills.



## 9:30 Snack

Snack includes a serving of fruit, a serving of vegetables, and a source of protein. Snack is vegan, nut-free, and largely organic.



## 10:00 Indoor Free Choice Time

Students choose from a variety hands-on materials designed to teach literacy, math, and problem solving. Music and art materials are available daily.



## 11:00 Circle Time

Students are encouraged to join in singing and story time. Circle time builds pre-reading skills and introduces students to whole group instruction.



## 11:30 Lunch

Students learn table manners and build self control as they sit together for lunch. Lunch is brought from home.



## 12:00 Nap

Teachers dim the lights, play white noise, and pat students to sleep. Students sleep as long as they need, usually 1 1/2 to 2 1/2 hours.