



TODDLER DAILY SCHEDULE

Good for children age 1-5 years

7am	Make sure your child is awake for the day by 7am - a regular wake time is important for routine!
9am	Snack Time
9:30am	Songs/Stories/Movement: yoga, moving like animals, dancing, music with instruments
10am	Project time: painting, gluing, coloring, stickers
11am	Songs and stories: songbooks such as Snuggle Puppy, 15 Animals, and Pajama Time by Sandra Boynton
11:30am	Lunch time
12:30pm	Nap time/quiet rest time
2:30pm	Puzzles, coloring, books
3pm	Snack time
3:30pm	Outdoor time or more movement, followed by dramatic play, baby dolls, kitchen play, puzzles, cooking
5:30pm	Dinner
7pm	Bedtime