

All About Our Day: Making a Schedule

Primary Objectives

Social–Emotional 3a, “Balances needs and rights of self and others”
 Cognitive 12a, “Recognizes and recalls”
 Mathematics 22b, “Measures time and money”

Materials

Chalk board or large paper; chalk or drawing supplies

Why It’s Important

Young children are focused on the present. They begin to learn about time in relation to themselves and daily routines. By talking with your child about a daily schedule she begins to have an awareness of time and sequence. A daily schedule also helps children plan for different times of her day and maintain a sense of predictability.

When

Morning Routines and Morning Meeting



What You Do

1. Talk with your child about her typical school day. Ask questions that prompt her to think about the various activities that occurs in her daily routine at school. *What do you do before you have snack? Do you remember what song you sing when you clean up the classroom? What happens after you play inside?*
2. Organize what she remembers into a schedule that works for your family. Remind her of things like lunch and rest time. Notice if she mentions activities that might not be part of your at-home schedule, like feeding the classroom pet.
3. Give her time to think and remember as she talks about the day. Once both of you feel good about the schedule you have created together, remind her that you will come back to this schedule and add any special activities that might be different during certain days in the week. “On Wednesdays grandma will call you and read a book with you”.
4. Encourage your child to draw pictures to represent each. *What did you do first? What happened next? What will you do later?*
5. Keep this daily schedule in a location where it can be seen and shared with the rest of the family. If you have multiple children, makes sure to include them in creating a schedule that reflects everyone’s day.

Extend this experience

To extend this activity, throughout the day invite your child to point to where she is in the schedule and what is coming next. Consider helping your child make an arrow or star with a sticky note to show where she is in her day.