

L.B. J. & C. Head Start 2020-2021

Suggested Virtual Home Schedule

- 7:00 a.m.—7:45 a.m. Free Play/Soft Music** (youtube has calm & happy music for children/free play activities could include puzzles, books, dress up clothes-could be from your closet, items included in backpack-work on name writing, daily activities from the calendar, etc.) Clean-Up
- 7:45 a.m.—8:00 a.m. Music & Movement** (Have fun! gonoodle.com is a great website, play fun music & exercise together/dance party)
- 8:00 a.m.—8:30 a.m. Breakfast/Brush Teeth**
- 8:30 a.m.—9:00a.m. Group Time** (Watch & Do the Online Lesson)
- 9:00a.m.-10:15a.m. Outdoor Play** (take a walk, sidewalk chalk, bubbles, tri-bicycle, swing/slide/climb, jump rope, trampoline, etc.) Have fun!
- 10:15a.m.-11:30a.m. Free Play** (work on scissor skills-draw straight/curvy lines to cut, work on ABC's& Numbers, computer time, hop scotch, science experiments-for toddlers on youtube, cook/bake together, play a board game, go on an alphabet/number hunt, paint, play with cars, dolls, blocks, make a craft together, etc.) Clean-Up
- 11:30a.m.-12:00p.m. Lunch/Brush Teeth**
- 12:00p.m.-12:30p.m. Free Play** (backpack items-playdough, sorting colored links, draw/color letters, numbers, shapes in journal, etc.) Clean-Up
- 12:30p.m.-12:50p.m. Read your child a story/Give them a hug!** Tell them how proud of them that you are!:) *For your child to be a better reader, read to them at least 20 minutes per day!
- 12:50p.m.-2:00p.m. Nap Time**
- 2:00p.m.-2:15p.m. Snack Time**
- 2:15p.m.-3:00p.m. Outdoor/Indoor Play**

