

**L.B.J.&C South Cookeville
Head Start
2025-2026 Daily Schedule
Classroom A**

7:00 a.m.-8:00 a.m.

8:00 a.m.-8:15 a.m.

8:15 a.m.-8:30 a.m.

8:30 a.m.-9:00 a.m.

9:00 a.m.-10:00 a.m.

10:00 a.m.-10:50 a.m.

10:50 a.m.- 11:30 a.m.

11:30 a.m.-12:00 p.m.

12:00 p.m.-12:15 p.m.

12:15 p.m.-12:30 p.m.

12:30 p.m.-1:45 p.m.

1:45 p.m.-2:00 p.m.

2:00 p.m.-2:15 p.m.

2:15 p.m.-2:30 p.m.

Teacher Planning Time

Greet Parents and Children/ Free Choice
Activities/Individualization

Large Group Time/ Preparation For
Family Style Meal Service

Breakfast

Clean-Up/Free Choice
Activities/Individualization/Brush
Teeth

Outdoor Play (Gross Motor
Activities)

Transition/Large Group Time/Preparation For
Family Style Meal Service

Lunch

Clean-up/Brush Teeth/Gross
Motor Activities

Small Group Activities

Transition to Rest Time/Rest Time

Transition to Snack

Snack

Clean-up/Departure

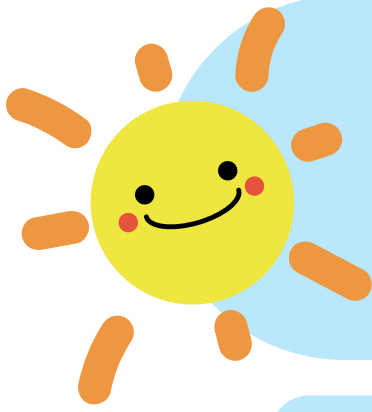
Inclement Weather Schedule:



Gross Motor Moderate to Vigorous Physical
Activities in the Big Room or Structure Gross
Motor Activities in Classroom



Revised 7/25



**L.B.J.&.C South Cookeville
Head Start**



**2025-2026 Daily Schedule
Classroom B**

7:00 a.m.-8:00 a.m.

8:00 a.m.-8:15 a.m.

8:15 a.m.-8:30 a.m.

8:30 a.m.-9:00 a.m.

9:00 a.m.-9:20 a.m.

9:20 a.m.-10:30 a.m.

10:30 a.m.-10:50 a.m.

10:50 a.m.- 11:15 a.m.

11:15 a.m.-11:30 p.m.

11:30 a.m.-12:00 p.m.

12:00 p.m.-12:10 p.m.

12:10 p.m.-12:35 p.m.

12:35 p.m.-1:45 p.m.

1:45 p.m.-2:00 p.m.

2:00 p.m.-2:15 p.m.

2:15 p.m.-2:30 p.m.

Teacher Planning Time

Greet Parents and Children/ Free Choice
Activities/Individualization

Large Group Time/ Preparation For
Family Style Meal Service

Breakfast

**Clean-up/Large Group
Activities**

Free Choice
Activities/Individualization/Brush
Teeth

**Transition/Small Group
Activities**

**Outdoor Play (Gross Motor
Activities)**

Transition/Large Group Time/Preparation For
Family Style Meal Service

Lunch

Clean-up/Brush Teeth/Gross
Motor Activities/Transition

**Outdoor Play (Gross Motor
Activities)**

**Transition to Rest
Time/Rest Time**

Transition to Snack

Snack

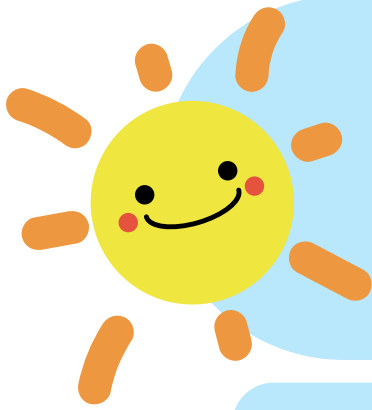
Clean-up/Departure

Inclement Weather Schedule:

Gross Motor Moderate to Vigorous Physical
Activities in the Big Room or Structure Gross
Motor Activities in Classroom



Revised 7/25



L.B.J.&C South Cookeville Head Start



2025-2026 Daily Schedule Classroom C

7:00 a.m.-8:00 a.m.

8:00 a.m.-8:15 a.m.

8:15 a.m.-8:30 a.m.

8:30 a.m.-9:00 a.m.

9:00 a.m.-9:10 a.m.

9:10 a.m.-10:00 a.m.

10:00 a.m.- 11:10 a.m.

11:10 a.m.-11:30 p.m.

11:30 a.m.-12:00 p.m.

12:00 p.m.-12:15 p.m.

12:15 p.m.-12:30 p.m.

12:30 p.m.-1:45 p.m.

1:45 p.m.-2:00 p.m.

2:00 p.m.-2:15 p.m.

2:15 p.m.-2:30 p.m.

Teacher Planning Time

Greet Parents and Children/ Free Choice
Activities/Individualization

Large Group Time/ Preparation For
Family Style Meal Service

Breakfast

Clean-up/Large Group Time

Outdoor Play (Gross Motor
Activities)

Free Choice
Activities/Individualization/Brush
Teeth

Transition/Large Group Time/Preparation For
Family Style Meal Service

Lunch

Clean-up/Brush
Teeth/Large Group Time

Small Group Activities

Transition to Rest
Time/Rest Time

Transition to Snack

Snack

Clean-up/Departure

Inclement Weather Schedule:



Gross Motor Moderate to Vigorous Physical
Activities in the Big Room or Structure Gross
Motor Activities in Classroom



Revised 7/25