

# Cornerstone Preschool

## Daily Schedule - Preschool Program

<b>Time</b>	<b>Activity</b>	<b>Description</b>
<b>7:00am - 9:00am</b>	Arrival and Breakfast	Free Play
		Gathering Time
		Washroom Routine
<b>9:00am - 10:00am</b>	Centres	Small Group Activities
		Exploration & Investigation
<b>10:00am - 11:00am</b>	Outdoor Play	Exploration & Investigation
		Small Group Activities
<b>11:00am - 11:30am</b>	Gathering Time	Free Play
	Music & Movement	Washroom Routine
<b>11:30am - 12:15pm</b>	Lunch	Sleep Time Preparation
		Washroom Routine
<b>12:15pm - 2:30pm</b>	Sleep & Rest Time	Quiet Activities (non-sleepers)
	Gradual Wake Up	
<b>2:30pm - 3:00pm</b>	Snack	Washroom Routine
		Small Group Activities
<b>3:00pm - 4:00pm</b>	Centres	Exploration & Investigation
		Exploration & Investigation
<b>4:00pm - 5:00pm</b>	Outdoor Play	Small Group Activities
<b>5:00pm - 6:00pm</b>	Classroom Merge	Free Play
	Departure	Washroom Routine
		Snack if requested