

Pre-K | FS1

Time — Activity

07:30–08:30 — Child drop-off, free play

08:30–08:50 — Breakfast

08:50–09:10 — Morning circle

09:10–10:00 — Core activities (age-based)

10:00–10:20 — Snack

10:20–11:20 — Outdoor walk / outdoor activities

11:20–12:00 — Thematic activities / sensory play

12:00–12:40 — Lunch

12:40–15:00 — Nap time / quiet time

15:00–15:20 — Wake-up, snack

15:20–16:20 — Afternoon activities / creativity

16:20–17:00 — Outdoor walk / playground games

17:00–18:00 — Dinner, free play, pick-up time
