

Activity	Time Frame
Meet and Greet	10 minutes
Breakfast Routines	15 minutes
Cognitive Transitions	2-5 minutes
Circle Time/Large Group Meeting	20 minutes maximum
Cognitive Transitions	2-5 minutes
Center Time/Small Group Instruction Time	60 minutes minimum
Cognitive Transitions	2-5 minutes
Circle Time/Large Group Meeting	20 minutes maximum
Cognitive Transitions	2-5 minutes
Outside Time	20 minutes
Restroom/Cognitive Transitions	10 minutes
Circle Time/Large Group Meeting	20 minutes maximum
Cognitive Transitions	2-5 minutes
Lunch	30 minutes
Prepare for rest time	10 minutes
Rest time	Depends on policy
Snack Time Routines	15 minutes
Circle Time/Large Group Meeting	20 minutes maximum
Cognitive Transitions	2-5 minutes
Center Time/Small Group Time	30 minutes minimum
Cognitive Transitions	2-5 minutes
Outside Time	30 minutes
Closing Circle Time/Reflection Time	20 minutes maximum