





















Preschool daily activity schedule template with time blocks for play, learning, sleep, and meals

Daily Schedule

Monday

Preschool & Childcare · Ages 2–5

Play	Learning	Sleep / Rest	Meals & Snacks	Care / Transition
7:30am		Arrival & Settling In Greet, bags away, free choice		30m
8:00am		Breakfast Porridge, fruit, milk		30m
8:30am		Morning Hygiene Wash hands, brush teeth		15m
8:45am		Circle Time Songs, calendar, weather chart		20m
9:05am		Structured Activity Craft – colour mixing		30m
9:35am		Free Play – Indoors Puzzles, blocks, dramatic play		35m
10:10am		Morning Snack Fruit & water		15m
10:25am		Outdoor Play Bikes, sandpit, climbing		45m
11:10am		Story & Language Read-aloud, questions, retell		20m
11:30am		Tidy Up & Transition Pack away, hand wash		15m
11:45am		Lunch Hot meal, fruit, water		30m
12:15pm		Wind Down Soft music, calm reading		15m
2:00pm		Nap / Rest Time Cots or quiet mats		90m
2:20pm		Wake Up & Stretch Gentle music, slow start		20m

2:35pm		Afternoon Snack Crackers, cheese, juice	15m
3:15pm		Outdoor / Sensory Play Water table, garden, mud kitchen	40m
3:35pm		Numeracy & Exploration Counting, sorting, shapes	20m
4:05pm		Creative / Free Choice Painting, playdough, costumes	30m
4:20pm		Pack Up & Reflection What did we do today?	15m
		Pick-up & Farewell Parent communication, goodbyes	40m

Play
2.5h

Learning
1.5h

Sleep
1.5h

Meals
1.5h

NOTES FOR THE DAY