



Morning		Afternoon		Evening	
	Wake up		Wash hands		Help around house
	Restroom		Lunch		Wash hands
	Wash hands/ face		Brush teeth		Supper/ Dinner
	Get dressed		Stretch/ Movement		Clean up
	Make bed		Game/ build something		Bath
	Eat breakfast		Art		Brush teeth
	Brush teeth		Restroom		Pajamas
	Stretch/ Movement		Story time		Story time
	Writing/ Drawing		Quiet time		Restroom
	Toys		Restroom		Bedtime 8:00
	Clean-up		Snack		
	Free Choice		Free Choice		
	Story time		Clean up		