Pre-K Schedule

|  |  |  |
| --- | --- | --- |
| ***Parts of Your Day***Provide movement and breaks between activitiesMight not be in this order, adjust as needed | ***Target Skills******Teacher's suggestions*** | ***How did it go? Concerns****?**key at the bottom of page* |
| ***Morning routine – Bathroom, Wash hands, Brush Teeth, Get Dressed*** |  |  |
| ***Breakfast*** |  |  |
| ***Play (not electronic)*** |  |  |
| ***Transition and get ready for lessons******(also use transitions for other parts of the day)*** |  |  |
| ***Teacher lessons, Therapy lessons*** |  |  |
| ***Play (family join in play to incorporate skills)*** |  |  |
| ***Story time*** |  |  |
| ***Fine motor and craft activity (combine with play if craft activity is not possible)*** |  |  |
| ***Lunch (might be same as breakfast and snack)*** |  |  |
| ***Short, favorite book or brief quiet play (not electronic)Transition to rest/nap*** |  |  |
| ***Rest/nap*** |  |  |
| ***Play, electronics allowed (set a time limit)*** |  |  |
| ***Snack*** |  |  |

1 =

2 =

0 =

Notes: Choose a few skills for a day or a week. Work on those skills in as many activities as possible. Some skills (listed below) are important ones to work on throughout every day:

* Identifying feeling, regulating actions, and calming down when upset
* Putting away materials and helping with clean up
* Transitioning to next activities (remember to give a warning that a change is coming)
* Making choices and communicating

Key for Progress (mark in box):

**0** = **1** =

**2**=

**X** = we didn’t have a chance to try

Note: Write your concerns or comments in the box to share with teacher