

AppleTree Daily Schedule



Morning

Getting Started	Wake Up, Breakfast, Get Dressed, Brush Teeth
Morning Meeting (15-20 minutes)	What are your plans for the day? Talk together about things you each have to do. Try a checklist that your child can check throughout the day. You can even add meals and nap! **On Monday, Wednesday and Friday, log onto CLASS DOJO to watch the Morning Meeting video posted by your teacher.
Snack	Enjoy a healthy snack
Free Play (60-90 minutes)	Set out activities your child can do independently, such as puzzles, blocks, or books. When you have time, join in the play!
Movement Break (10-15 minutes)	***On Monday, Wednesday and Friday, get up and moving with the movement video posted by your teacher in CLASS DOJO. You can also use this time to take a short walk, do some bending and stretching or participate in a game that includes movement.
Independent Learning (20-30 minutes)	**On Monday, Wednesday and Friday, enjoy the story shared by your teacher on CLASS DOJO. You can also have your child complete independent learning activities, like keeping a daily journal, practice name writing practice, or artwork.



Afternoon

Lunch	Enjoy a healthy lunch
Nap (90-120 minutes)	If your child doesn't nap, have them work with quiet materials like puzzles, books, etc. If you have access to technology, they can play educational games.
Independent Learning (20-30 minutes)	Have children independently, or with your help, work on a science or math lesson that your school may provide. You can also check out our weekly STEM challenges!
Snack	Enjoy a healthy snack
Movement Break (10-15 minutes)	Help your child do their best with a 10-15 minute movement break. This can be a short walk inside or outside, bending and stretching, or games that include movement.
Free Play (60-90 minutes)	Set out some activities for your child (blocks, imaginary play, toys, etc.). When you have time, join in the play!



Evening

Family Learning (20-30 minutes)	Try out activities with your child that support math, reading, and writing. Use lessons provided by your school or the Every Child Ready @ Home program.
Dinner	Eat a healthy dinner. Talk as a family about something today that made you laugh, your favorite part of the day, or something that you learned.
Reading and Bedtime	Read a book, brush teeth and time for bed.