



sunrise montessori

where children rise and shine!

Daily Schedule

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| early care | 7:45 – 8:45 am |
| 7:45 - 8:45 | <i>Indoor quiet play with materials and friends</i> |
| school schedule | 8:45 – 12:00 noon - for children 2-6 who sign up for this option |
| 8:45 - 9:00 | <i>Children arrive, school begins</i> |
| 8:45 - 11:20 | <i>Indoor work time: Work with various materials (age and skills level appropriate), projects, individual and group presentations and instruction, group “circle time” (sharing, songs, topical discussions, grace and courtesy lessons, etc)</i> |
| 11:20 - 12:05 | <i>Wash hands, have snack (typically a grain, protein and fruit or vegetable) Outdoor play, arts & crafts, practical life activities, group games, etc.</i> |
| 9:45 - 10:05 group | <i>The toddler group has its own first outdoor playtime, and then returns for snack, indoor work time and a circle gathering before returning outside at 11:00.</i> |
| extended care | 12:00 noon – 5:30 pm for 2-6 year olds who nap |
| 12:05 - 12:15 | <i>Prepare for lunch</i> |
| 12:15 - 12:45 | <i>*Lunch and lunch clean up</i> |
| 12:45 - 1:00 | <i>Outdoor play</i> |
| 1:00 - 3:00 | <i>**Rest time (quiet nap, or reflection)</i> |
| 2:30/3:00 - 5:30 | <i>Outside play, gardening, classroom activities, group games and general fun</i> |
| full day schedule | 1:00– 2:30 pm - for 4-6 year olds who sign up for this option (non nappers) |
| 1:00 - 2:30 individual | <i>Work with various materials (age and skills level appropriate), projects, and group presentations and instruction, group “circle time” (sharing, songs, topical discussions, grace and courtesy lessons, etc). Including advanced Montessori materials, Spanish language, cooking, art projects, gardening, science, team building and sports skills.</i> |

**Children staying for lunch must bring their own lunches, see the lunch guidelines (remember to cool the lunch with an ice pack, especially in warm weather).*

*** If your child will be with us for rest time (1-3pm), please send a small (non-nylon) sleeping bag or a couple of blankets and a small pillow (or similar items). Our storage is limited, so we cannot accommodate large, adult sized sleeping bags or large pillows.*