

# Sample Toddler Schedule

- 6:00 – 7:30 Arrival/ Routine Care\*/Child Initiated Activities**
- 7:30 – 8:30 BREAKFAST/Hand-washing/Tooth-brushing/ Clean – up**
- 8:30 – 8:45 Planned Activities (Music & Movement/Art/ Story Time/Other)**
- 8:45 – 10:00 Self-selected Activities/45 minutes Outside Time/Gross Motor Play**
- 10:00 – 11:00 Small-group Activities (i.e. art, story times, etc.)/Planned Activities**
- 11:00 – 11:30 Self-selected Activities/Clean-up/Prep for Lunch (hand-washing, etc)**
- 11:30 – 12:15 LUNCH/Routine Care\***
- 12:15 – 12:45 Transition Activities/Story Time/Prep for nap**
- 12:45 – 3:00 NAP TIME**
- 2:15 – 3:15 SNACK/Routine Care\***
- 3:15 – 3:45 Planned Activities**
- 3:45 – 5:00 Self-selected Activities/45 minutes Outside Time/Gross Motor Play**
- 5:00 –6:00 Quiet Activities/ Routine Care\*/ Departure**

**\*Note: Routine care happens throughout the day as needed and includes: diapering, toileting, napping  
Toileting is based on individual child's needs/schedules.**

**Although times are designated, this is a “rolling” schedule. Transition activities are not a required part of routine that must follow timelines. These are suggestions of activities to keep children entertained and assist them through transitions. Children should NOT be prepped and waiting for the next item on the schedule to begin.**