

# EPS Classroom – Sample Daily Schedule

**6:30 – 7:45 AM** - Arrival in opening classroom, greetings, classroom exploration and learning centers, quiet activities, toileting and diapering as needed.

**7:45 – 8:30 AM** - Transition to classroom, toileting and diapering, classroom exploration and learning centers.

**8:30 – 9:00 AM** - Gym or outdoor gross motor activities, weather permitting.

**9:00 – 9:15 AM** - Circle time with songs, movement, and group engagement.

**9:15 – 9:45 AM** - Morning snack, handwashing, toileting and diapering.

**9:45 – 10:15 AM** - Art experiences, classroom exploration, and learning centers.

**10:15 – 10:30 AM** - Transition and preparation for outdoor play, toileting and diapering, sunscreen and outerwear as needed.

**10:30 – 11:00 AM** - Outdoor play and gross motor exploration.

**11:00 – 11:30 AM** - Chapel, Jesus time, and faith-based group activities.

**11:30 AM – 12:15 PM** - Lunch, handwashing, and cleanup.

**12:15 – 12:30 PM** - Transition to rest time, toileting and diapering, books on cots.

**12:30 – 2:30 PM** - Rest time.

**2:30 – 3:00 PM** - Afternoon snack, handwashing, toileting and diapering.

**3:00 – 3:30 PM** - Carpet toys, story time, and small group activities.

**3:30 – 4:00 PM** - Outdoor play or gross motor activities, weather permitting.

**4:00 – 4:45 PM** - Toileting and diapering, classroom exploration, and learning centers.

**4:45 – 5:15 PM** - Story time, music, movement, and end-of-day group activities.

**5:15 – 6:00 PM** - Combined classrooms, classroom activities, toileting and diapering, and departures.

## Arrival & Departure Note

For your child's comfort and success, we encourage arrival by **9:00 AM** whenever possible. Arriving by 9:00 AM allows children to settle in calmly, connect with teachers and peers, and fully participate in morning routines and learning experiences.

Families are welcome to choose the pick-up time that best fits their schedule, knowing their child will continue to be cared for in a safe, nurturing, and engaging environment throughout the day.