

PS 89Q Elmhurst School

Sample Kindergarten Schedule

Time	Activity
Between 7:00-8:00am 	Morning Routines <i>(wake up, get dressed, brush your teeth, etc...)</i>
8:00-8:30am 	Eat a Healthy Breakfast <i>(wash hands before and after breakfast)</i>
8:30-9:00am 	Morning Exercise/Sing Songs
9:00-10:00am 	School Work
10:00-10:30am 	Read a Book
10:30-10:50 	Physical Activity
10:50-11:00 	Mindfulness
11:00-12:00pm 	Lunch <i>(wash hands before and after lunch)</i>
12:00-1:00pm 	School Work <i>(Weekly Schedule)</i>
1:00-1:30pm 	Hands-On Fun <i>(play-doh, drawing, painting etc...)</i>
1:30-2:00pm 	Read a Book <i>(Raz-Kids)</i>
2:00-2:40pm 	Literacy Choice Board <i>(choose 1)</i>
2:40-3:00pm 	Snack <i>(wash hands before and after snack)</i>