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| **Special Education MM/DHH/OI/ED/VI: Preschool** |
| Before 9:00am  | Wake-up   | Eat breakfast, make your bed, get dressed, brush teeth |
| 9:00—10:00  | Morning Movement  | Walk the dog, Yoga if it’s raining, Go Noodle activities: ([https:// www.gonoodle.com/](https://www.gonoodle.com/)) |
| 10:00—11:00am  | Academic Time   | * Read books (explore the SORA app ([https:// meet.soraapp.com/](https://meet.soraapp.com/) ), Sing songs, board games (good for counting, colors, social-emotional learning)
* Online resources that provide multiple opportunities to explore letters, numbers and math through games.

 [Starfall](https://www.starfall.com/h/index-kindergarten.php) [ABCya](https://www.abcya.com/grades/prek/numbers) [PBS Learning Media](https://nj.pbslearningmedia.org/grades/prek/) |
| 11:00—12:00pm  | Creative Time    | Legos, blocks, drawing, painting, cooking, slime making Look at the Activities ideas providedAdditional activity ideas available at the following website:[Mommy Poppins](https://mommypoppins.com/ny-kids/50-indoor-activities-for-a-rainy-day) |
| 12:00pm  | Lunch   |   |
| 12:30pm  | Chores   | Pick up toys, tidy bedroom, wipe down surfaces |
| 1:00—2:30pm  | Quiet Time  | Reading, puzzles, nap |
| 2:30—4:00pm  | Academic Time  | Opportunities to hear books read aloud:[Unite for Literacy](https://www.uniteforliteracy.com/)[Bookflix](https://bookflix.digital.scholastic.com/home?authCtx=U.642726498) (Username: Learning20 Password: Clifford)  |
| 4:00—5:00pm  | Afternoon Movement  | Ride bike/scooter, walk the dog, play outside  |
| 5:00—6:00pm  | Dinner  |   |
| 6:00—8:00pm  | Free Electronics Time  | Kid-friendly shows and games A fun games website:[PBS Kids](https://pbskids.org/games/)[Sesame Street](https://www.sesamestreet.org/) |
| 8:00pm  | Bed-time  | All kids  |