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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 provided  Additional 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 |