






High/Low Schedule Activity

	Teacher Directed: Large-group instruction, separate time set aside to learn material in specific content areas, teacher tells the children what they will do and when, child's choice is very restricted		Seated: Children are seated in chairs or on the floor, sitting is the only choice for the majority of the activity
	Child Directed: Children select and initiate their own activities. The teacher allows each child to choose which activity he or she wants to participate in and when		Active: Children have the option to move their bodies however they choose (within safety guidelines), children may sit during this time but can also stand, walk, lay down, dance, etc.

 or 	 or 		
		9:00-9:15	Arrival
		9:15-9:30	Journals
		9:30-10:00	Breakfast
		10:00-10:30	Circle Time
		10:30-10:45	Music & Movement
		10:45-11:00	Story Time
		11:00-11:30	Center Play
		11:30-12:00	Lunch
		12:00-1:00	Quiet Time
		1:00-1:30	Outdoor Play
		1:30-2:00	Large Group Craft Activity
		2:00-2:15	Table Toys
		2:15-2:30	Dismissal

Create a high/low schedule

 or 	 or 		
		9:00-9:15	
		9:15-9:30	
		9:30-9:45	
		9:45-10:00	
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		12:00-12:15	
		12:15-12:30	
		12:30-1:00	
		1:00-1:15	
		1:15-1:30	
		1:30-1:45	
		1:45-2:00	
		2:00-2:15	
		2:15-2:30	