## Importance of Daily Schedules

Schedules arrange meaningful experiences for children. Schedules consist of activities that divide the day into concrete units of time. Routines are specific sets of regularly occurring actions or activities, such as cleaning up or handwashing. Schedules can be designed to increase rates of engagement, complex play, and cognitive and social development.

*(EI 5.2 Follows Directions; 18.1 Self Control; 21.2 Guidance & Support)*

### Visual schedules

Visual schedules, with text and images, help children to understand what is coming up next and allow them some ability to make predictions and prepare for transitions. This can make children feel more secure.

![Visual Schedule Image]

### Blocks of time:

- Whole group
- Activity/learning center
- Meals
- Outdoor
- Story
- Rest
- Teacher-led activities

### Some things to consider with daily schedules:

- Sequence of events
- Balance of active and quiet times
- Small and large groups
- Balance of teacher-directed and child-initiated activities
- Build in routines and transitions
- Plan for inclement weather that prohibits outdoor time

### When there are changes to the schedule:

- Prepare children ahead of time
- Announce the change during the whole group time
- Provide visual supports

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**References:**

