



ABZ Early Childhood Development Center

305 Main Street, Everett, MA 02149 Phone: (617)775-9983

Daily Schedule — [Preschool Program]

Time	Activity
8:00am–8:30am	▪ Arrival / Free Play
8:30am–8:45am	▪ Tidy Up
8:45am–9:00am	▪ Hand-wash / Washroom Routine
9:00am–9:30am	▪ Prepare for Breakfast / Breakfast Time
9:30am–9:45am	▪ Learning Circle
9:45am–11:15am	▪ Outdoor / Gym activities
11:15am–11:45am	▪ Cognitive / Sensory / Creative / Free play activities
11:45am–12:00pm	▪ Washroom Routine / Prepare for Lunch
12:00pm–12:30pm	▪ Lunch Time
12:30pm–12:45pm	▪ Story time / Washroom Routine
12:45pm–3:15pm	▪ Rest Period
3:15pm–3:30pm	▪ Wake up / Washroom Routine
3:30pm–4:00pm	▪ Learning Circle / Cognitive / Sensory / Creative / Free play activities
4:00pm–4:30pm	▪ Snack Time
4:30pm–4:45pm	▪ Hand-wash / Washroom Routine
4:45pm–6:00pm	▪ Teacher directed games / Free Play activities/ Departure