

Missouri Child, Inc
Head Start
Daily Schedule

SAMPLE

Center: MY STREET HEAD START AM/PM/FD (Circle One)

Time	Activity
8:00-8:10	Children arrive and morning circle
8:10-8:15	Transition to hand washing
8:15-8:45	Breakfast
8:45-8:50	Transition to music
8:50-9:00	Music
9:00-10:00	Tooth brushing and Center choice
10:00	5 min clean up warning
10:05	Clean up bell or song
10:05-10:15	Clean up/transition to small group
10:15-10:30	Small group/Transition to outside play
10:30-11:00	Outside play/transition to 5 min rest time
11:00-11:05	Rest time
11:05-11:15	Large group story/discussion
11:15-11:25	Journal writing/transition to hand washing
11:25-11:55	Lunch/transition to closing circle
11:55-12:00	Closing Circle / departure