

# SCHEDULE and ACTIVITY PLANNER



For Toddlers and Preschool Aged Kids

# FLEXIBLE SCHEDULE

## *Learn Through Play Sample Schedule for Toddlers and Preschoolers*

- 7-7:30am - Wake up/ make bed/ brush teeth / get a drink
- 8:00am - Screen time, then breakfast
- 9:00am - Free choice play (independent)
- 9:30am - Easy morning activity then clean up
- 10:30am - Snack
- 10:45am - Outside play
- 11:15am - Circle time/Reading
- 11:30am - Free choice play
- 12:00pm - Lunch
- 12:30pm - Clean up lunch, potty
- 1:00pm - Nap time / Quiet time (Ex. Quiet books/play in bedroom)
- 3:00pm - Snack (Screen time optional)
- 3:30pm - Afternoon activity or structured playtime with learning
- 4:00pm - Outdoor time
- 4:45pm - Free play (a great time for dance/music) / dinner prep
- 6:00pm - Dinner
- 7:15pm - Bath/ Wind down routine
- 8:00pm – Bed



\* Please adjust to your child's needs

\*I allow screen time when preparing breakfast and getting activities set up! It's best if used as a tool

# PLANNING TIPS

## Planning The Week and Using This Planner

Let's be honest, coming up with things to do every week with your children can be a tall order. It can be exhausting and also just difficult to consistently have activities to do on a daily basis. Trust me, I feel your pain. I literally have a blog about toddler activities and still don't like planning them!

The weekends are a great time to plan for the week, particularly at the start of the week on Sundays. Coming up with activities on the go just doesn't happen for me. So here's what I do to make my life just a little easier:

1. Plan your activities to cover multiple aspects of learning! You can get all types of ideas on [keeptoddlersbusy.com](http://keeptoddlersbusy.com) as well as Pinterest. Examples include **sensory, motor skills, academic, play, exploration and just plain fun and silly activities!** (Sooooo needed)
2. Write out activities for your specific child, for each sibling if you have more than one. Tailoring to your **child's personality and interests** can have a hugely positive effect!
3. Plan social time with friends and fun time with the family!
4. **Don't over schedule yourself** and your kids. Keep your planner with you or hang it up, and check the boxes as you go.
5. Write out goals for the week and month. I will often **check milestone lists** on google to help me with my monthly goals.
6. And finally, have Fun!



# ACTIVITIES

MOVEMENT/EXPLORATION

FINE MOTOR SKILLS

ARTS AND CRAFTS

SENSORY

# ACTIVITIES

PLAYDATES/FRIENDS

LEARNING GOALS

MY CHILD'S FAVORITES & QUESTIONS

# WEEKLY PLANNING

MONDAY

MATERIALS

TUESDAY

MATERIALS

WEDNESDAY

MATERIALS

THURSDAY

MATERIALS

FRIDAY

MATERIALS

SATURDAY

MATERIALS

SUNDAY

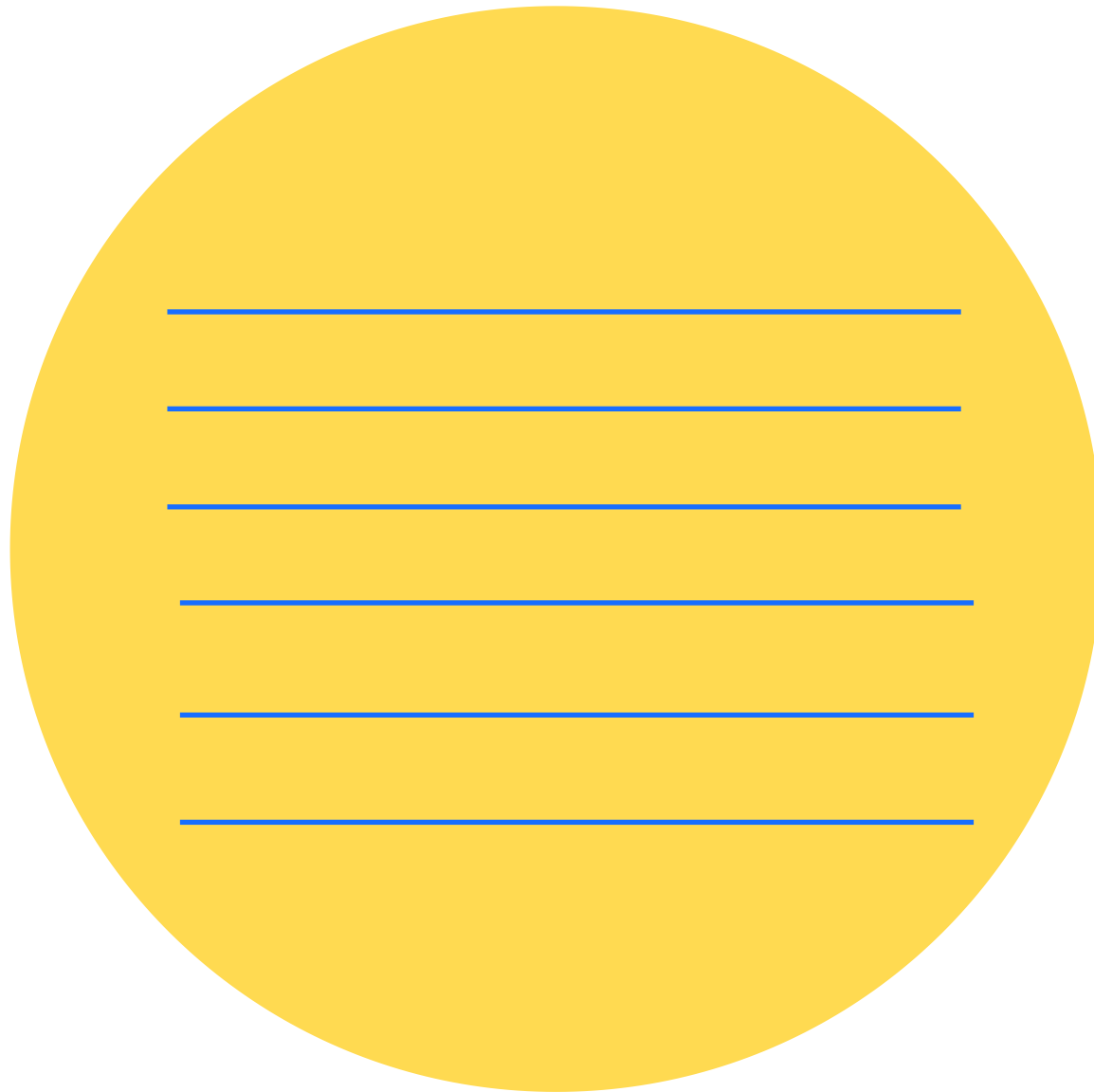
MATERIALS

# WEEKLY GOALS

A large yellow circle is centered on the page. Inside the circle, there are seven horizontal blue lines, one above the other, intended for writing weekly goals.



# MONTHLY GOALS



A large yellow circle is centered on the page. Inside the circle, there are six horizontal blue lines, evenly spaced, intended for writing monthly goals.

