**Sample 7-Hour Schedule (420 minutes)**

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| Time | Component | Minutes |
|  |  |  |
| 8:00–8:45 | Greetings, Readings, & Writings | 45 |
|  |  |  |
| 8:45–9:00 | Gathering Circle | 15 |
|  |  |  |
| 9:00–9:10 | Move It! | 10 |
|  |  |  |
| 9:10–9:30 | Clues & Questions | 20 |
|  |  |  |
| 9:30–9:40 | Rhyme Time/Getting Along Together | 10 |
|  |  |  |
| 9:40–10:25 | Restroom, hand washing, snack | 45 |
|  |  |  |
| 10:25–11:30 | Plan & Play | 65 |
|  |  |  |
| 11:30–12:00 | Lunch | 30 |
|  |  |  |
| 12:00–12:45 | Outdoor/Gross-motor play | 45 |
|  |  |  |
| 12:45–2:00 | Nap | 75 |
|  |  |  |
| 2:00–2:20 | Star | 20 |
|  |  |  |
| 2:20–2:35 | Math Moments | 15 |
|  |  |  |
| 2:35–2:40 | Transition (brain game) | 5 |
|  |  |  |
| 2:40–3:00 | Question/Reflection – departure routine | 20 |