

Explanation of Activities

- Free-Play Time:** Children are able to choose to play in the identified areas. (At least 5 main types of play should be offered) Teachers prepare areas so the materials offered reflect the current learning theme.
- Circle Time:** Large group activities. First group includes attendance and reviewing class activities for the day. Other groups may include more activities to help in transitioning from one type of activity to another. Final group includes reviewing day's activities.
- Work Time:** Children choose to play in the identified areas. (All areas of the room should be in use) Activities that require more direct teacher supervision or assistance are added. (These activities are usually noted on the lesson plan)
- Quiet Time:** Commonly referred to as 'nap time', this is a time of day when children, 2-4 years old, who are tired can have a place to rest. Naps may not be enforced. Awake children should be able to get off their mats/cots after 30 min., or as they wake up.
- Large Muscle:** Primarily outdoor active play time. May be indoors during inclement weather. Activities should be planned daily that develop coordination and physical development.
- Meal Time:** Should be planned so they are part of daily activities, not an interruption. Transition activities should be used so waiting time is kept to a minimum.
- Story Time:** (Optional) Transition time used when multiple activities may be occurring. One teacher is in group and one teacher is supervising the children's activities. (Or the children are independently moving through the activities.) Focus of the time is to share stories. Should not be more than 10-15 min.

*Meets ECERS Criteria