

Practice Pre-School Sample Schedule

Time	Activity Name	MONDAY
9:00-9:30	Sensory Integration	<ul style="list-style-type: none"> • Goal: Getting Warmed Up, Saying Hello to Friends, Parallel Play, and Staring Conversations • Activity: Free play in sensory room and play structured games such as red light / green light
9:30-9:45	Tasting Group (oral motor time)	<ul style="list-style-type: none"> • Goal: Increasing Oral Motor Skills During Snack Time • Activity: (1) using nuk brushes and special bubbles to stimulate oral skills. (2) tasting new foods. (3) facilitating conversations using special placemats.
9:45-10:00	Circle	<ul style="list-style-type: none"> • Goal: Follow Directions, Orientating to Others, Academic Challenge • Activity: Who's here today, making choices, using friend's names, going over schedule, counting numbers.
10:00-10:20	Social Skills	<ul style="list-style-type: none"> • Goal: Increasing Social Skills, Play Exploration, and Letter Identification • Activity: Using the water table, children can choose what color they want the water to be. Each child is given a fishing pole and will "fish" for magnetic letters
10:20-10:40	Art	<ul style="list-style-type: none"> • Goal: Fine Motor Skills, Cooperative Play, and Sensory Integration • Activity: (1) Children will paint each other's feet and make a foot print project, (2) making shaving cream art projects
10:40-11:00	Music & Movement	<ul style="list-style-type: none"> • Goal: Singing Songs and Exploring Instruments • Activity: Picking two songs from the choice board and playing instruments to music (helping kids work on rate and rhythm)
11:00-11:15	Game Time	<ul style="list-style-type: none"> • Goal: Cooperative Play, Sharing, and Communication • Activity: Puzzle Exchange - children are paired up each with a puzzle and the other child's puzzle pieces. Children need to make an exchange to get the piece that fits in their puzzle.
11:15-11:35	OT GROUP	<ul style="list-style-type: none"> • Goal: Increase Sensory Regulation • Activity: Parachute Games and Using Motor Skills to achieve the Climbing Challenge
11:35-11:45	Lunch and Bathroom	<ul style="list-style-type: none"> • Goal: Conversation Skills, Oral Motor Skills, Use of Utensils • Activity: Practice blowing through a straw, eating lunch, and facilitating interactions between peers
11:55-12:00	Ending Circle	<ul style="list-style-type: none"> • Goal: Saying Goodbye, Motor Coordination Skills, Daily Living Skills • Activity: Singing goodbye song, putting shoes and socks on, putting on coat/backpack, saying goodbye