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| **Start Time** | **End Time** | **Activity** |
| 7:30 | 7:45 | Arrival |
| 7:45 | 8:00 | Free play |
| 8:00 | 8:15 | Wash up/Bathroom |
| 8:15 | 8:45 | Breakfast/Brushing teeth |
| 8:45 | 9:00 | Morning Stretch |
| 9:00 | 9:30 | Group Discussion |
| 9:30 | 10:00 | Gross Motor Play (Depending on Weather) |
| 10:00 | 10:15 | Wash/Bathroom Break |
| 10:15 | 10:45 | Lesson Plan |
| 10:45 | 11:45 | Free Play |
| 11:45 | Noon | Clean up/ Wash/ Bathroom |
| Noon | 12:30 | Lunch/Brushing Teeth |
| 12:30 | 12:45 | Clean up/ Get Mats Out |
| 12:45 | 1:00 | Story Time |
| 1:00 | 2:00 | Rest Time |
| 2:00 | 2:15 | Bathroom/Wash/Mats Away |
| 2:15 | 2:30 | Snack |
| 2:30 | 3:00 | Outdoor Play (Depending on Weather) |
| 3:00 | 3:15 | Wash Up/Bathroom |
| 3:15 | 3:45 | Time Lesson |
| 3:45 | 4:00 | Yoga Stretch |
| 4:00 | 4:30 | Free Play/ Pick Up |
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