

# Ideas for a Preschool Daily Routine for Home



Wake up



Play outside or  
take a walk



Wash up / Get dressed



Snack



breakfast



Listen to music



Brush teeth



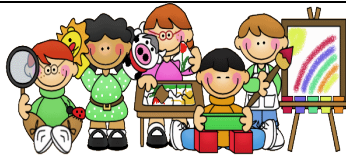
Screen Time  
\* (limit to 1hr a day)\*



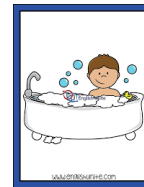
School work



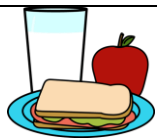
Family Dinner



Play with toys



Take a bath /  
Get ready for bed



Lunch



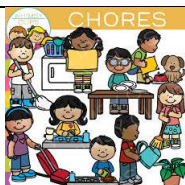
Brush Teeth



Rest time / Book time



Story / Bedtime



Help with chores

\*CDC recommends 3-5 year olds sleep 10-13 hours per day, which includes a nap or rest time.

\*Please make sure your child is washing his/her hand frequently throughout the day.