morning routine

7:00 am  Wake up / Breakfast
7:30 am  Getting dressed
Little ones can practice washing their hands and brushing their teeth and hair.
8:00 am  Indoor play & fine motor skills
Stacking and balancing blocks and manipulating bead mazes and busy boards helps kids develop fine motor skills.
9:00 am  Outdoor play & gross motor skills
The park or backyard is a great place to practice walking, climbing stairs with help, or going down the slide all by themselves. Children can also begin to develop confidence in their movement by chasing bubbles or squirrels.
10:00 am  Snack time
10:30 am  Coloring
Most kids in this age group can hold a crayon and color on paper.

afternoon routine

11:30 am  Lunch
Children are experimenting with using utensils at this age, so put a mat under the highchair and let them practice using kid-friendly plastic forks and spoons. This will help develop their hand-eye coordination and fine motor skills!
12:00 pm  Nap time
a.k.a. time to wash dishes.
2:00 pm  Slow wake-up
A great time to read a favorite book or imaginatively play with puppets or stuffed animals.
2:30 pm  Vocabulary building
Use books, animal toys, or everyday objects to start building your child’s vocabulary. By 18 months, children may speak 20 words or more.

evening routine

4:00 pm  Music
Children are drawn to and respond to music. Play or sing their favorite songs and they will clap and bounce along.
5:00 pm  Dinner
Night - Bathtime
Remember that bathtime is another great moment to spend some quiet focused time with your child. It’s one of the only times of day they are sitting still for a few moments at a time. Introduce bath toys to build vocabulary, practice washing hands, learn the parts of the body as each one gets washed!

Based on 1 nap per day. If your child naps multiple times per day, schedule can be adjusted.
morning routine

7:00 am  Wakeup / Breakfast

8:00 am  Independent skills
A great time to teach everyday skills like how to brush your teeth, get dressed, how to tie your shoes, etc.

8:30 am  Get outdoors
Start your day with some fresh air. Take a walk or a tricycle ride. This is a great time to build your little one’s vocabulary by pointing out animals or objects, and also their gross motor skills like walking with you or learning to pedal and steer a ride-on toy.

9:30 am  Snack

10:00 am  Fine motor skills
Coloring is a great way to begin to build fine motor skills and vocabulary, by talking about the colors your kiddo is using.

afternoon routine

11:00 am  Music
Play or sing your child’s favorite songs, at this age they can begin to sing along and match hand motions like with Twinkle, Twinkle Little Star or Head, Shoulders, Knees, and Toes.

11:30 am  Lunch

12:00 pm  Nap

2:00 pm  Tactile play
With or without tools such as Playfoam, Playfoam Pluffle, sand, or dough, hide things inside your compound or provide plastic tools so that kids can smoosh, squish, cut, or mold their material!

3:00 pm  Shapes and colors
Practice shape and color names with shape sorting toys, wooden puzzles, and other matching and sorting games.

evening routine

4:00 pm  Family play
Plant seeds in a pot, kick a soccer ball, play on the swing set, shoot hoops in a kid-friendly basketball game, or set up the tee ball stand to get the wiggles out, breathe some fresh air, and spend some time together.

5:00 pm  Dinner

Visit us at www.educationalinsights.com for more fun and educational activities
morning routine
7:00 am  Wakeup / Breakfast
8:00 am  Independent skills
   A great time to teach everyday skills like how to brush your teeth, get dressed, how to tie your shoes, etc.
8:30 am  Morning walk
   Start your day with some fresh air! Take a walk and play games like I Spy or create your own scavenger hunt by listing 5 things to find while you’re out.
9:30 am  Snack
10:00 am  Gross motor skills
   Build those big movement skills with a round of Freeze Dance, Hide and Seek, or Simon Says!
10:45 am  Literacy
   Practice those pre-reading skills by identifying letters, sounding them out, practicing site words, and more - no need for electronics!

afternoon routine
11:30 am  Math
   Counting anything and everything, from steps to the bathroom to “O”s in the bowl, sorting objects by color or size, and practicing making patterns are great ways to introduce key principles of math.
12:00 pm  Lunch
1:00 pm  Nap or reading time
3:00 pm  Afternoon walk

evening routine
4:00 pm  Creative time
   Build with blocks, draw, paint, sing, or play music together.
5:00 pm  Dinner

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morning routine
7:00 am  Wakeup / Breakfast
8:00 am  Morning activity
    Start the day off with some stretching, kid-friendly exercises with music, or yoga!
8:30 am  Literacy activities
    Read sight word flashcards or simple readers or make a letter sounds book.
9:30 am  Snack
10:00 am  Writing
    Make your own picture dictionary or write a letter to a friend.

afternoon routine
11:30 am  Gross motor skills
    Build those big movement skills with a round of Freeze Dance, Hide and Seek, or Simon Says!
12:00 pm  Lunch
1:00 pm  Math
    Practice counting and adding/subtracting with small toys or crayons.
3:00 pm  Science / social studies
    Take a garden walk and draw what you see, make a map of your house or neighborhood, or take a virtual field trip of one of the many museums offering them free online.

evening routine
4:00 pm  Family fun!
    Throw a family dance party, play a game, work on a puzzle or art project, or cook something together.
5:00 pm  Dinner

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### morning routine

**7:00 am** Wakeup / Breakfast  
Find and share a funny quote with your family and start the day off with a giggle.

**8:00 am**  Morning chores

**8:30 am** Morning walk  
Get those bodies moving with some physical activity. Can’t get outside? Try some yoga in the living room!

**9:30 am** Snack

**10:00 am** Writers / readers workshop  
Create personal narratives, draw comic books, come up with alternate endings to favorite stories, draft an “All About” or “How To” book, practice sight words and spelling, or read out loud together.

### afternoon routine

**11:30 am** Gross motor skills  
Get your kids moving with a round of Freeze Dance, Hide and Seek, or Simon Says!

**12:00 pm** Lunch

**1:00 pm** Math  
Practice fractions with measuring cups while you make your kids’ favorite cookies or sort and count your kiddos toys and make a bar graph.

**2:00 pm** Science/ Social studies  
Conduct kitchen science experiments, create a diorama of your neighborhood, city, or state and make up the laws you would implement, or write a letter to a government official.

**3:00 pm** Afternoon walk

### evening routine

**4:00 pm** Family time!  
Throw a family dance party, play a game, work on a puzzle or art project, or cook something together.

**5:00 pm** Dinner

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