



## **Sample Day Plan for Pre K**

### **Morning Routine**

**Wake up and start your day**

### **Early Language and Literacy**

60-90 minutes daily

### **Screen Time**

[NAEYC](#)

[Scholastic](#)

[Louisiana Public Broadcasting](#)

[Starfall](#)

[Sheppard Software](#)

[Highlights Kids](#)

[Kids National Geographic](#)

[Ed Helper](#)

[PBS Learning Media](#)

### **Screen Free**

Reading (reading buddy)

Non screen time activities (ELA)

### **Break**

### **Physical Activity**

30 minutes daily

### **Screen Time**

[GoNoodle](#)

## **Screen Free**

Push Ups  
Jumping Jacks  
Jogging in place  
Dance

## **Lunch**

## **Afternoon Routine**

### **Early Math**

60-90 minutes daily

### **Screen Time**

[NAEYC](#)  
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[Sheppard Software](#)  
[Highlights Kids](#)  
[Ed Helper](#)  
[PBS Learning Media](#)

### **Screen Free**

Non screen time activities (Math)

## **Break**

### **Physical Activity**

30 minutes daily

### **Screen Time**

[GoNoodle](#)

### **Screen Free**

Push Ups  
Jumping Jacks  
Jogging in place  
Dance