



# CLASS SCHEDULE



Children move through the morning in a calm, predictable flow. Activities overlap naturally, with built-in movement, breaks, and choice.

**8:30**

Arrival Routine + Visual Schedule

**8:40**

Group Readiness - Morning Circle

**8:50**

Movement & Regulation Lab

**9:25**

Guided Readiness Play

**9:50**

Snack + Washroom Routine

**10:15**

Communication & Social Play

**10:45**

Tolerance & Flexibility Practice  
(Planned Small Changes)

**11:15**

Choice-Based Readiness Centers

**11:50**

Sensory Exploration  
(Calm, Self-Selected)

**12:05**

Calm Story & Regulation Reset

**12:20**

Closing Routine + Pick-Up  
Handoff

**12:30 Program Ends**

Children remain with the same group and educators throughout the session. Experiences shift gently to support flexibility and confidence.

