



## HOMESCHOOLING GUIDE FOR PARENTS OF PRESCHOOLERS



### Daily Home Preschool Schedule

**Start your day with an Affirmation** - Affirmations help build positive pathways in the brain and promote self-belief such as "I am smart", "I can do it!"

**Story Time** - read a story together this is so important in the development of your child's brain. Don't forget to sing, children love to sing and helps them learn too! Sing the ABC's or your favorite songs.

**Play Time** - your child learns through play so make sure you have plenty of time to play and imagine!

**Learning Time** - focused learning or writing time should be limited to 10-15 minutes for optimal learning to take place.

**Snack Time** - make a delicious and healthy snack together

**Creative Time** - pull out the art supplies and get busy creating!

**Outdoor/Move Time** - get outdoors, run, jump, go on a nature walk or move your body inside with a dance party or yoga.

**Close the Day with Gratitude** - give thanks for this amazing day. Share with your child what you are grateful for and then ask your child to share too. ❤️

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