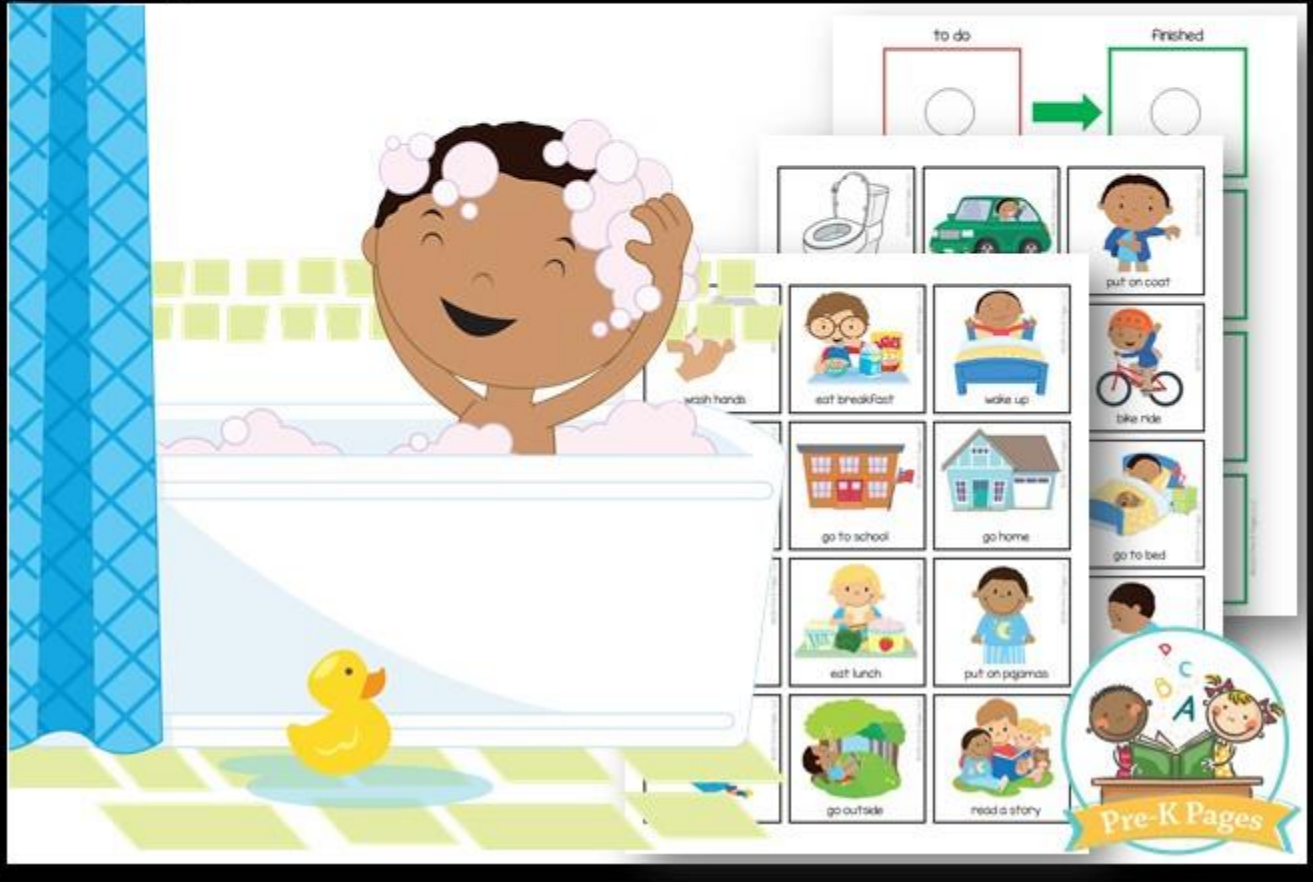




# Daily Picture Schedule for Preschool Parents



# THANK YOU



Thank you for your purchase. I hope you and your students enjoy these activities.  
You can contact us with any questions at [customercare@pre-kpages.com](mailto:customercare@pre-kpages.com)

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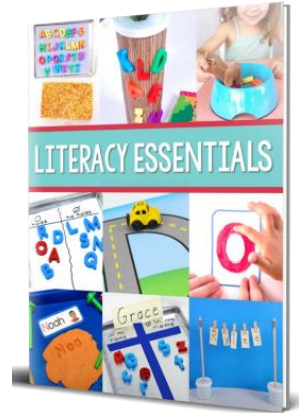
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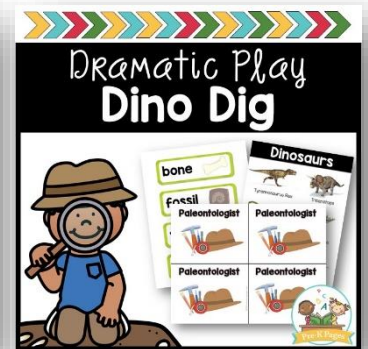
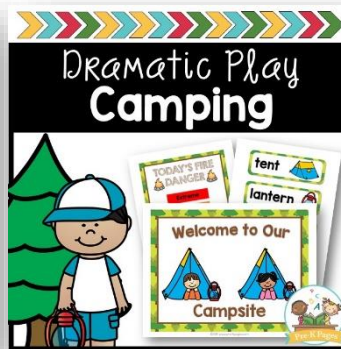
## ALPHABET

Have you downloaded Literacy Essentials yet?  
It's everything you need to know to help your kids learn the letters of the alphabet. [Grab your free copy HERE!](#)



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# Note for Teachers

In some ways, it feels like teachers have had to adopt the classic Star Trek motto: **To boldly go where no [teacher] has gone before.** For Pre-K teachers, center directors, principals, and in-home childcare providers, this is especially true.

Our mission at Pre-K Pages is to elevate the field of childhood education. True leaders emerge at a time of crisis, and YOU have an opportunity during this crisis to help raise the world's view of the impact a Pre-K teacher can have in the life of her students...and to help your students (whether they're in your classroom or in their homes) feel safe and protected during a time when their parents are under an incredible amount of stress.

## How Pre-K Pages is Helping

I'm a firm believer that "less is more" in times of crisis. Instead of overwhelming you with dozens of links to hundreds of possible solutions, I'm culling down my recommendations to only the very best, most helpful things you can use while teaching remotely or sending activities home with parents. I maintain my commitment to both practicality and quality.

Here's a [Facebook Live I did to give helpful tips for teaching Pre-K remotely](#). It's a quick, 20-minute video specific to Pre-K. Enjoy :)

Our mentors inside the [Teaching Tribe](#) are pulling together to provide a higher level of practical support for our members. This is HUGE, because in a time of self-isolation, community is more important than ever. Inside the [Teaching Tribe](#), we're social distancing together. Live training events, extra check-ins with the mentors, and developing new practical tools as a response to what our members need.

We are rallying behind our Tribe members in every way possible, and while we can't replicate the full member experience for the whole Internet, we would love to welcome you as a member of The Teaching Tribe so you can move forward with the strength of an entire community of Pre-K warriors, but we know having access to the done-for-you lesson plans to give to parents will be a great first step. As my hero Mr. Rogers said, "Look for the helpers. You will always find people who are helping."

I've spent the last 20 years online building a treasure trove of FREE resources for Pre-K teachers on the [Pre-K Pages website](#). We've written over 1,500 helpful blog posts with activities you can enjoy with your students or pass along to their parents.

So please browse the site. Explore. Discover.

But as with toilet paper 🧻 just hoarding "more" resources is rarely better. 😊

Instead, we invite you to do less, but with excellence.

What our little learners need isn't busywork. Instead, let's quiet the crazy and gather together to provide the strong, comforting leadership our students need. And when your students' parents see you providing that leadership, you won't just be a hero in your students' eyes. You'll be a hero for their parents, too.

We're in this together—  
Vanessa Levin  
Pre-K Pages

Dear Families,

Having a consistent daily routine in place for young children can help reduce tantrums, power struggles, and meltdowns.

Telling a child about what they're going to do each day can be helpful; but having a picture schedule is a much more effective tool you can use to create a predictable daily routine at home.

When young children can see "what comes next" each day, you're creating a predictable routine that will help them thrive. They'll feel more in control of their daily activities, which also creates a sense of calm, security, and confidence.

This daily schedule is designed for use at home. You can customize it to meet the specific needs of your own child or family.

# Instructions for Use

## Materials List:

- Copy Paper or Cardstock
- Printer
- Tape
- Scissors
- Velcro (*optional*)
- Laminator (*optional*)

To get started, first print the red and green chart. If you have a laminator you can laminate the chart for reuse, but it is not necessary. You can use one chart and change the pictures up a few times each day. Some parents like to fill the chart each morning, then when those activities have been completed, they change the pictures for the afternoon, and finally for the evening. Others prefer to print two charts and tape them together at the bottom to create one long chart.

Next, print the pictures of your choice and cut out with scissors. You do not need to use all the pictures. Just pick and choose the ones which pertain to your home and your child's daily routine. Laminate the pictures if you can. You can use tape or sticky Velcro coins to attach the pictures to the red side of the chart.

# Instructions for Use

Then, place the picture cards of your choice on the red side of the chart under the words "to do."

As you select activities to place on the chart, keep in mind that your child will need a "balanced diet" of active, structured, open-ended, and passive activities to ensure a successful day.

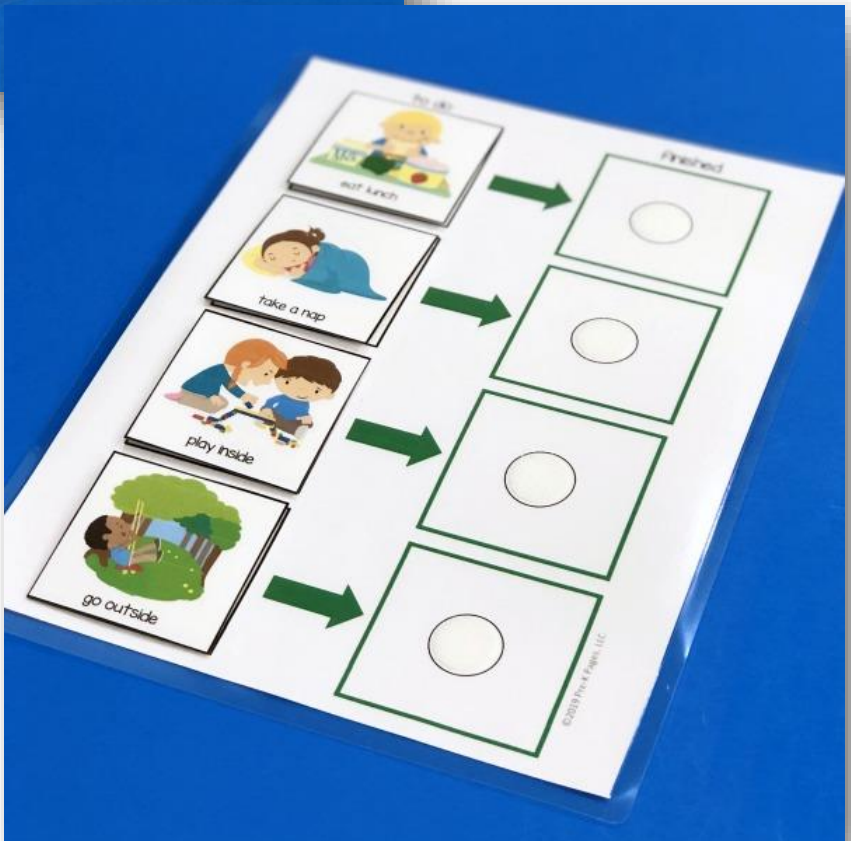
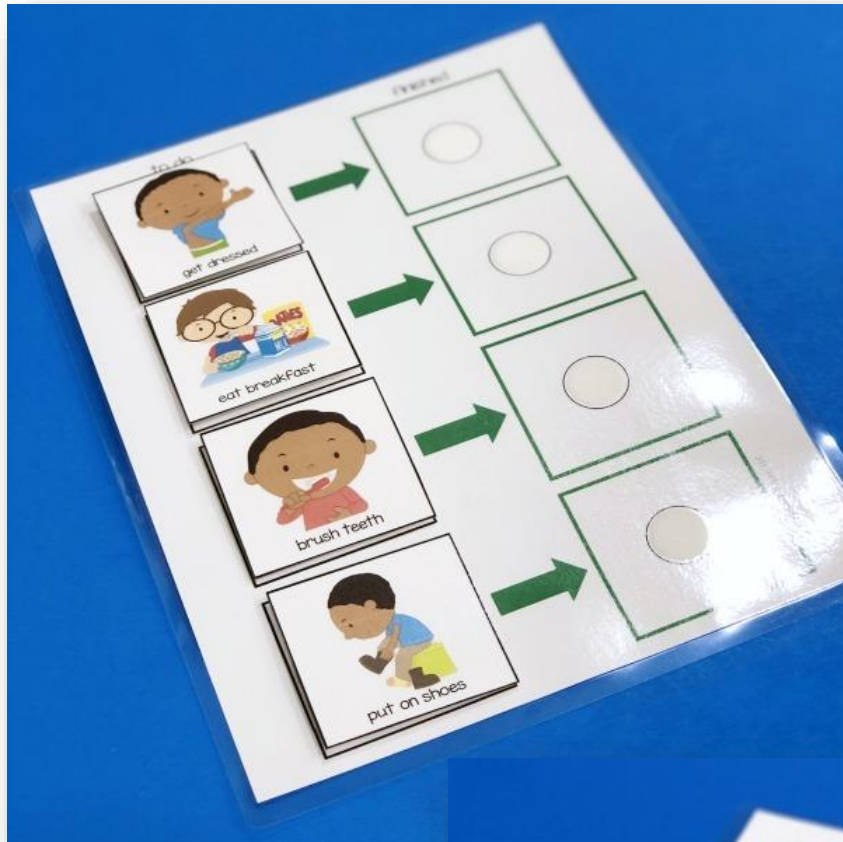
An example of an open-ended activity may be free play indoors or outdoors. An example of a passive activity might be to read a story with an adult. A structured activity may be a craft project with an adult or a trip to the library. You know your child best, so select activities and tasks you know he or she will be most successful with.

Introduce the chart to your child and explain that each time an activity or task is completed he or she can move the picture cards to the green, or "finished" side of the chart.

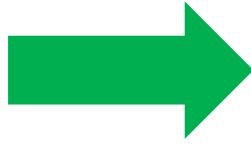
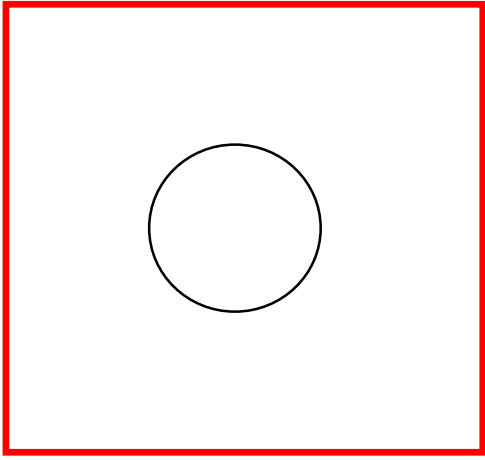
Each time your child completes a task or activity successfully, invite him to move the card to the finished side of the chart and celebrate with a high-five, hug, or encouraging and positive words.



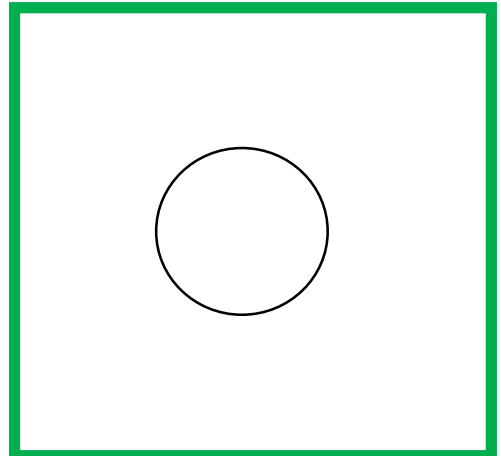
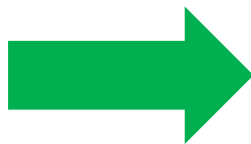
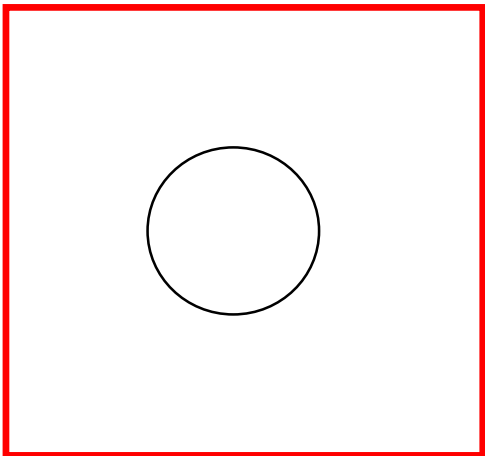
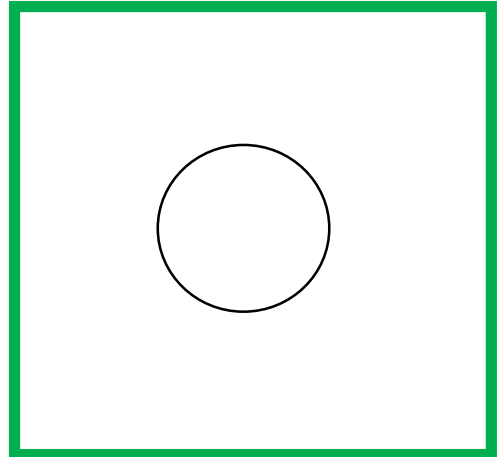
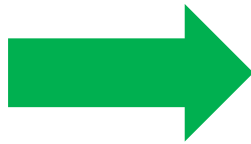
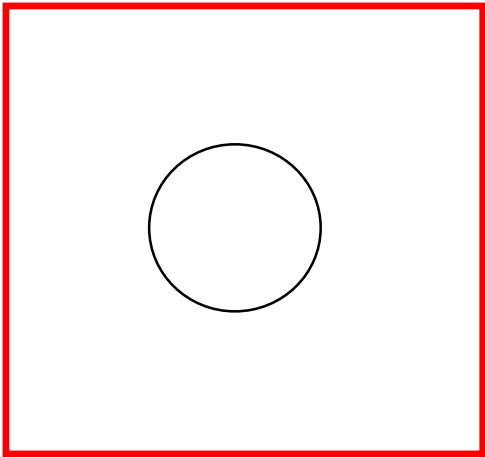
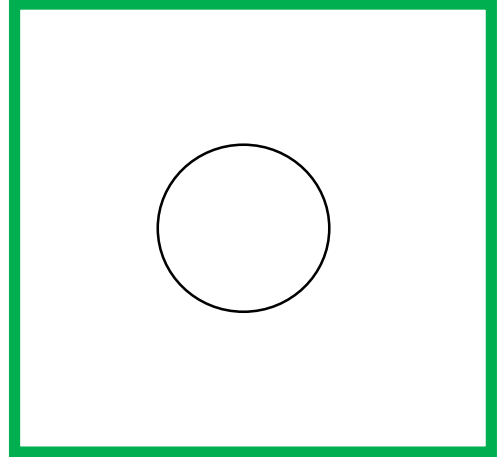
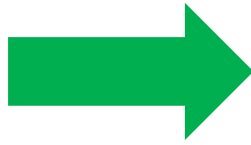
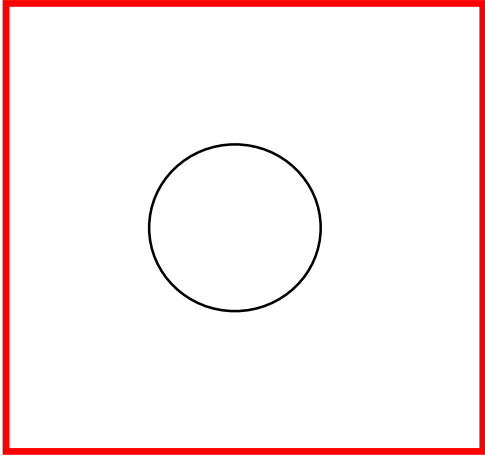
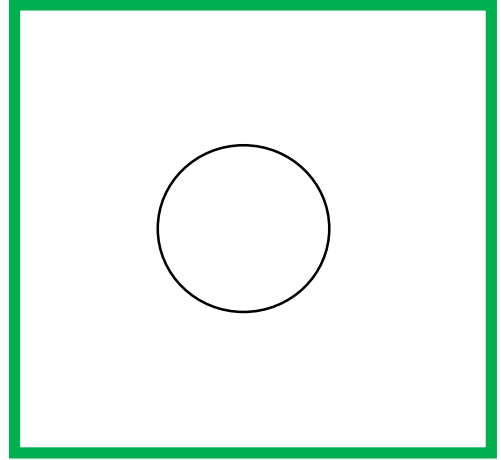
# Examples



to do



finished







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go potty



©2019 Pre-K Pages, LLC

go for a ride



©2019 Pre-K Pages, LLC

put on coat



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brush teeth



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take a nap



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bike ride



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eat dinner



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take a bath



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go to bed



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get dressed



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put on shoes



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get backpack



wash hands

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eat breakfast

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wake up

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get groceries

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go to school

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go home

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play inside

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eat lunch

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put on pajamas

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clean up

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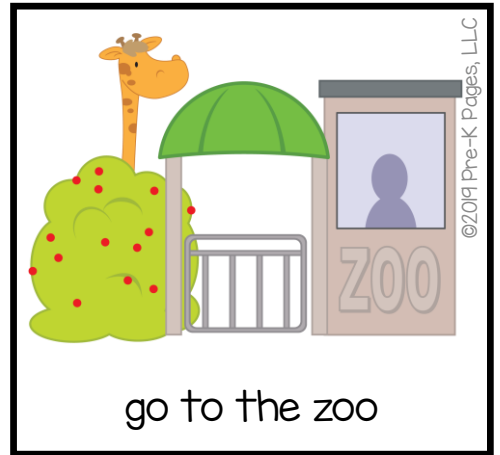
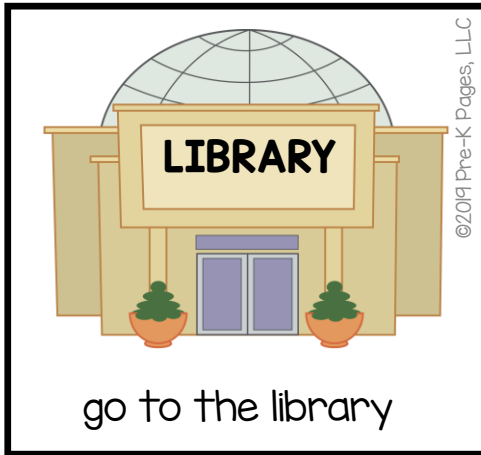
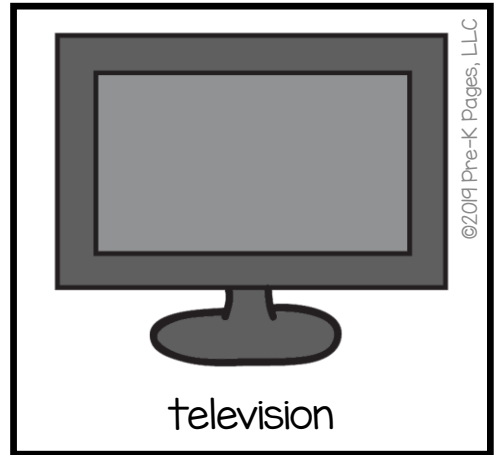
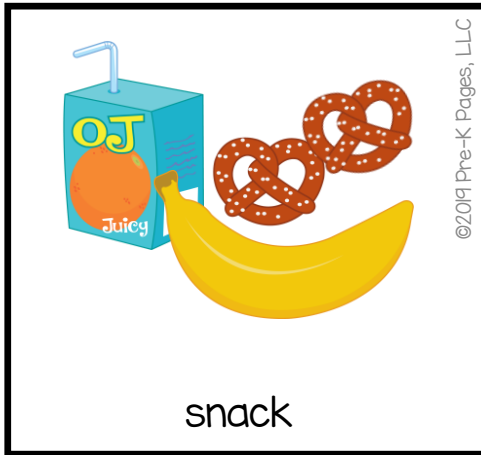
go outside

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read a story

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*Note: In emergency situations when it is not safe to go out in public, just set the cards with these activities aside and don't use them as choices.*

*Please read the American Academy of Pediatrics guidelines for screen time use with young children in [English HERE](#) and in [Spanish HERE](#).*