I hope to make this year more mindful for both myself and the children. I will be teaching some ways to breathe mindfully. I hope that these will be tools that the children can access when they need a “brain break,” are feeling nervous, sad, or need a way to help themselves calm and feel more peaceful. I will add these techniques to our group time at first and then use them throughout the day when needed--as when the classroom is not very peaceful:-). More information about this to come…..

**Room 3 Daily Schedule 2019- 2020**

\*\*Morning snack time is open and children may have it whenever they wish throughout the morning

8:45 – 8:55 Arrival and greetings

8:55-10:20 Montessori work cycle. The children independently choose the works which interest them in any area they wish (language arts, practical life, sensorial, math, geography, science, art). During this time I present individual and small group lessons. Mrs. Lessard circulates among the children to assist and encourage them as needed. This time also includes art projects, and language arts and math skills practice (kindergarten).

\*\*10:00 - 10:30 Tuesday is library time. Once a month, add 15 minutes for Maker Space

10:20 Clean up

10:25 –10:40 Group time. Every day we discuss the calendar and weather. We may also talk about current happenings in the classroom and in school and share news. I also present lessons for new materials and for “grace and courtesy.” I randomly choose a group leader each day until everyone who wants one has a turn.

10:40 Pre-K’s get ready to go outside, K’s join

10:45 Go out to recess

11:10 Go inside for a story

11:20 Pre-K dismissal, K’s have time to read with a friend

11:35– 12:05 Lunch

12:18 - 1:08 Specials: Monday-art (Mrs. Popek), Tuesday-science (Mrs. Day), Wednesday-music (Mrs. York), Thursday-Spanish (Senora Torres), Friday-Gym (Mr. Kiley)

1:15 – 1:45 Recess

1:45 - 2:15 Montessori language lessons, writing, Reading Street curriculum lessons

2:15 – 2:30 Snack for all

2:30 - 3:00 Montessori math lessons/EnVisionmath lessons.

3:00 Clean up

3:10 Dismissal