

Sample Schedules for Programs Serving School-Age Children (5-12)

Before School

Arrival	As children arrive, they participate in quiet activities (card games, puzzles, reading, listening to music with headphones, coloring, reviewing homework, or resting if still tired) and prepare for breakfast.
7:00- 7:30 Breakfast	Children who eat breakfast before coming to the program continue quiet activities. As they finish breakfast, children move back to activities.
7:30- 8:10 Interest Areas and staff-led activities	<p>Children participate in short term, quiet activities that do not require significant setup or cleanup or projects that can be saved if not completed (for example, an ongoing macramé project, cutting out pictures for scrapbook collection).</p> <p>A staff member leads or oversees a low-key group game or activity (for example, charades, cooperative games, storytelling, mixing a batch of cookies for later in the day, morning stretching exercises).</p>
8:10 – 8:25 Cleanup	Children help clean up the interest area and gather belongings for school.
8:25- 8:30	Children are released to go to school.

Source: *Caring for Children in School-Age Programs: A Competency Based Training, Volume One*, by Derry G. Koralek, Roberta L. Newman and Laura J. Colker (Teaching Strategies, Inc.)