

PTCS Two-Year-Old Program Daily Schedule

Time	Activity	Remark
7:30 – 8:00	Gentle Start Arrival & Free Play	• Flexible arrivals • Soft start, greeting children by name • Choice-based play (blocks, sensory bins, books) • Helps with separation and emotional regulation
8:00 – 8:30	Breakfast/Snack	• Practice independence (self-feeding, cleanup)
8:30 – 9:00	Hygiene Routines	• Handwashing, bathroom time, diaper
9:00 – 9:20	Free Play	• Unstructured play to support exploration and social interaction
9:20 – 9:40	1st Circle Time	• Theme and story time • Songs, movement, simple Bible story or theme story • Weather, feelings, name recognition
9:40 – 10:40	Learning Centers	• Exploration/Stimulation/Interaction • Art / sensory play • Language – books, storytelling • Fine motor – puzzles, sorting • Early STEM – water play, nature items
10:40 – 11:00	Music & Movement Gym	• Structured activity • Fine arts integration – singing, instruments, rhythm, dance • Running, climbing, physical development • Outdoor play if possible
11:00 – 12:00	Lunch Hygiene Routine	• Hygiene routine before & after lunch • Social skills • Encourage independence
12:00 – 12:20	Transition to Rest	• Quiet books, dim light, soft music
12:20 – 2:00	Nap / Rest Time	• Individual cot, labeled with child's name • Quiet alternatives for non-nappers • Allow early risers quiet activity (do not force sleep)
2:00 – 3:00	Wake-Up & Snack	• Hygiene routine • Gentle transition back to activity
3:00 – 3:45	Small Group / Guided Play	• Language & Social Development • Simple teacher-led activities • Language, matching, pretend play
3:45 – 4:00	Gym	• Second Movement block • Running, Climbing • Tricycles
4:00 – 4:30	Quiet Play / Story Time	• Books, drawing, calm activity • Help regulate end-of-day behavior
4:30 – 5:30	Snack & Free Play Pick Up	• Flexible centers • Teacher – parents communication • Short transitions (15–30 min blocks)

Key Design Principles

- Repetition = security (same structure daily)
- Play-based, not academic-heavy

- Language-rich environment (talk, narrate, sing)
- Faith integration (songs, prayer, simple truths)
- Low ratio & high supervision

PTCS Enhancements

Uniquely include:

- Simple Bible truth of the week
- Mandarin exposure (songs/phrases)
- Fine arts rotation (music, texture, movement)
- Parent connection (daily report/photos)