

Sample Daily Schedule for the Montessori Child

WHEN	WHAT	HOW: 3-6 years	
Before 9:00 am	Morning Routine (PRACTICAL LIFE)	Make bed, eat breakfast, brush your teeth, get dressed, put pj's in laundry	
9:00 - 9:30	Morning Nature Walk (CONNECTION TIME)	Family walk, Yoga/Calm indoor exercise if it's raining	
9:30 - 11:00	Academic Time (CORE SUBJECTS)	Complete individualized assignments using worksheets or a workbook	
11:00 - 12:00	Creative Time (ART/CULTURE)	Legos, Megatiles, Drawing, Crafting, Painting, play music/instrument, cooking, baking, etc.	
12:00 - 1:00	Lunch	Help with lunch tasks (setting the table, meal prep, picking up/washing own dishes, sweeping, etc)	
1:00 - 1:30	Chore Time (PRACTICAL LIFE)	See Age Appropriate Chart Checklist	Nap Time
1:30 - 2:00	Quiet Time (READ ALOUD/ INDEPENDENT READING)	Independent Reading, puzzles, writing, research	
2:30 - 4:00	Academic Time (CORE SUBJECTS)	Complete individualized assignments using worksheets or a workbook	
4:00 - 5:00	Afternoon Fresh Air (PE/RECESS)	Bikes, walk the dog, play outside Board/Card Games, choice work if it's raining	
5:00 - 6:00	Dinner	Help with dinner tasks (setting the table, meal prep, picking up/washing own dishes, etc.)	
6:00 - 7:30	Free TV time	Age-appropriate movie or TV show	
7:30 - 8:00	Bedtime Routine (PRACTICAL LIFE)	Shower, brush teeth, read a bedtime story.	
8:00	Bedtime	All children	
9:00	Bedtime	All children who follow the daily schedule and don't argue or complain ;)	