



Routines and Activities Starter Sheet

Common Family Routines and Activities

Bathing/personal care

Caregiver chores (cleaning, laundry)

Community (restaurant, library, church)

Diapering/toileting

Errands (shopping, post office, library)

Getting ready for and going to bed

Indoor play (social games, playing with toys)

Leaving the house

Mealtime (prepping food, feeding, cleaning up)

Medical/health appointments

Morning (getting up, getting dressed)

Nap time

Outdoor play (playground, walks, games)

Outings (museum, amusement park)

Pre-academics (books, songs, drawing)

Transitions (from toy play to nap time)

Traveling (in the car, on the bus)

Visits to others' homes

Common Preschool Routines and Activities

Art

Bathroom

Cleaning up

Community outings/trips

Drop-off

Free choice time

Group meeting/circle time

Math

Music

Nap time

Pick-up

Science

Self-care

Sensory

Snack/meals

Story time

Transition