

LOS ANGELES UNIFIED SCHOOL DISTRICT  
 Division of Special Education  
 Early Childhood Special Education

HOURS	DAILY SCHEDULE	SKILLS TO TARGET & RESOURCES
8:00 – 8:30	<p style="text-align: center;"><b>BREAKFAST</b></p> <p>This is a great time to work on self-help skills with your child. Have him/her help clean up after mealtime by bringing their plate into the kitchen when s/he is done. Your child may work on “asking” for food items through words or pointing/reaching between two items you present.</p>	<p><b>Asking</b></p> <p><b>Daily Routine Handout:</b> Mealtimes, Food Preparation</p>
8:30 – 8:45	<p style="text-align: center;"><b>BATHROOM</b></p> <p>Have your child practice pulling pants up/down. If potty training, take the time to practice sitting on the toilet and/or going to the bathroom. Give your child extra time so they can participate in bathroom routines and hand washing steps, such as turning on the water, getting soap, etc.</p>	<p><b>Daily Routine Handout:</b> Bath Time, Teeth Brushing</p>
8:45 – 9:15	<p style="text-align: center;"><b>MUSIC &amp; MOVEMENT</b></p> <p>Sing some of your child’s favorite songs and dance! You can make musical instruments out of household items such as banging on pots/pans with spoons; make bubbles to blow and pop out of dish soap. Get your bodies moving and have fun!</p>	<p><b>Copy Me</b>  <a href="https://tinyurl.com/ECSECopyMe">https://tinyurl.com/ECSECopyMe</a></p> <p><b>Listening</b>  <a href="https://tinyurl.com/ECSEListening">https://tinyurl.com/ECSEListening</a></p> <p><b>Good Morning Song</b>  <a href="https://youtu.be/CuI_p7a9VGs">https://youtu.be/CuI_p7a9VGs</a></p>
9:15 – 9:30	<p style="text-align: center;"><b>READ-ALoud</b></p> <p>Read one of your child’s favorite books together. Spend time labeling pictures and pointing to the words as you read. This can extend to other literacy activities, such as finger play songs like “Wheels on the Bus” or “Itsy Bitsy Spider.”</p>	<p><b>Look at Me</b>  <a href="https://tinyurl.com/ECSELookAtMe">https://tinyurl.com/ECSELookAtMe</a></p> <p><b>Read-Aloud Video</b>  <a href="https://tinyurl.com/ECSEReadAloud">https://tinyurl.com/ECSEReadAloud</a></p>
9:30 – 10:30	<p style="text-align: center;"><b>INDOOR LEARNING CENTERS</b></p> <p>Time for structured, facilitated play. Try to set up 2-3 items/activities you and your child can play with together. Encourage your child to play for 15-20 minutes with each activity, clean up, and move on to another activity.</p>	<p><b>Play With Me</b>  <a href="https://tinyurl.com/BuildingWithBlocks">https://tinyurl.com/BuildingWithBlocks</a>  <a href="https://tinyurl.com/ECSEPretendPlay">https://tinyurl.com/ECSEPretendPlay</a></p> <p><b>Matching</b></p> <p><b>Daily Routine Handout:</b> Art Time, Cleaning</p> <p><b>Healthy At Home Website</b>  <a href="https://healthyathome.readyrosie.com/en/">https://healthyathome.readyrosie.com/en/</a></p>
10:30 – 11:30	<p style="text-align: center;"><b>BATHROOM &amp; LUNCH</b></p> <p>Have your child practice pulling pants up/down. If potty training, take the time to practice sitting on the toilet and/or going to the bathroom. Give your child extra time so they can participate in bathroom routines and hand washing steps, such as turning on the water, getting soap, etc.</p> <p>This is a great time to work on self-help skills with your child. Have him/her help clean up after mealtime by bringing their plate into the kitchen when s/he is done. Your child may work on “asking” for food items through words or pointing/reaching between two items you present.</p>	<p><b>Asking</b></p> <p><b>Daily Routine Handout:</b> Mealtimes, Food Preparation, Bath Time</p>
11:30 – 12:30	<p style="text-align: center;"><b>OUTDOORS OR INDOOR OBSTACLE COURSE</b></p>	<p><b>Copy Me</b>  <a href="https://tinyurl.com/ECSECopyMe">https://tinyurl.com/ECSECopyMe</a></p>

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	<p>Time to get moving! If possible, go for a nature walk outside. Model language of what you see in the environment. Or you can create a simple obstacle course inside (see YouTube video).</p> <p>This is also a great time to incorporate music and movement, such as the Freeze Dance Song or Listen and Move Song (see Resources for links).</p>	<p><b>Listening</b>  <a href="https://tinyurl.com/ECSEListening">https://tinyurl.com/ECSEListening</a></p> <p><b>Look at Me</b>  <a href="https://tinyurl.com/ECSELookAtMe">https://tinyurl.com/ECSELookAtMe</a></p> <p><b>Indoor Obstacle Course Example:</b>  <a href="https://youtu.be/v7V_uKNvxxk">https://youtu.be/v7V_uKNvxxk</a></p> <p><b>Freeze Dance Song</b>  <a href="https://youtu.be/2UcZWxvgMZE">https://youtu.be/2UcZWxvgMZE</a></p> <p><b>Listen and Move Song</b>  <a href="https://youtu.be/j24_xH5uvdA">https://youtu.be/j24_xH5uvdA</a></p>
12:30 – 12:45	<p style="text-align: center;"><b>READ-ALoud</b></p> <p>Read one of your child’s favorite books together. Spend time labeling pictures and pointing to the words as you read. This can extend to other literacy activities, such as finger play songs like “Wheels on the Bus” or “Itsy Bitsy Spider.”</p>	<p><b>Look at Me</b>  <a href="https://tinyurl.com/ECSELookAtMe">https://tinyurl.com/ECSELookAtMe</a></p> <p><b>Read-Aloud Video</b>  <a href="https://tinyurl.com/ECSEReadAloud">https://tinyurl.com/ECSEReadAloud</a></p>
12:45 – 1:00	<p style="text-align: center;"><b>BATHROOM</b></p> <p>Have your child practice pulling pants up/down. If potty training, take the time to practice sitting on the toilet and/or going to the bathroom. Give your child extra time so they can participate in bathroom routines and hand washing steps, such as turning on the water, getting soap, etc.</p>	<p><b>Daily Routine Handout: Bath Time</b></p>
1:00 – 2:00	<p style="text-align: center;"><b>INDOOR LEARNING CENTERS</b></p> <p>Time for structured, facilitated play. Try to set up 2-3 items/activities you and your child can play with together. Encourage your child to play for 15-20 minutes with each activity, clean up, and move on to another activity.</p>	<p><b>Play With Me</b>  <a href="https://tinyurl.com/ECSESensoryPlay">https://tinyurl.com/ECSESensoryPlay</a>        Put In</p> <p><b>Look at Me</b>  <a href="https://tinyurl.com/ECSELookAtMe">https://tinyurl.com/ECSELookAtMe</a></p> <p><b>Scribbles</b></p> <p><b>Daily Routine Handout: Art Time, Cleaning</b></p> <p><b>Healthy At Home Website</b>  <a href="https://healthyathome.readyrosie.com/en/">https://healthyathome.readyrosie.com/en/</a></p>
2:00 – 2:30	<p style="text-align: center;"><b>MUSIC &amp; MOVEMENT</b></p> <p>Sing some of your child’s favorite songs and dance! You can make musical instruments out of household items such as banging on pots/pans with spoons; make bubbles to blow and pop out of dish soap. Get your bodies moving and have fun!</p>	<p><b>Copy Me</b>  <a href="https://tinyurl.com/ECSECopyMe">https://tinyurl.com/ECSECopyMe</a></p> <p><b>Listening</b>  <a href="https://tinyurl.com/ECSEListening">https://tinyurl.com/ECSEListening</a></p>
2:30 – 3:00	<p style="text-align: center;"><b>PREP FOR TOMORROW</b></p> <p>Have your child help you clean up any activities/materials from the day. Designate a family member to set your child’s visual schedule for tomorrow. Remember, the more routine and structure you can provide the better!</p>	<p><b>Visual Schedule</b>  <a href="https://tinyurl.com/ECSEVisualSchedule">https://tinyurl.com/ECSEVisualSchedule</a></p> <p><b>What’s the Message?</b>  <a href="https://tinyurl.com/WhatsTheMessage">https://tinyurl.com/WhatsTheMessage</a></p> <p><b>Praise</b></p>

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	<p>Spend time reviewing the “What’s the Message” and “Praise” videos with all family members in the household.</p>	<p><a href="https://tinyurl.com/ECSEPraise">https://tinyurl.com/ECSEPraise</a> <b>Daily Routine Handout:</b> Cleaning</p>
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