

MySTEAM Lab - Kindergarten Daily Schedule

Kindergarten Full-Time Schedule (AM + PM)

Morning Block (7:00 AM - 8:20 AM):

- Arrival, quiet tabletop activities
- Snack and Mindful Mornings
- Educators escort children to school

Afternoon Block (11:10 AM - 6:00 PM):

- Arrival, lunch, and rest time
- Creative indoor centres
- Gym/movement and nature play
- Snack, STEAM activities, and outdoor time
- Wind-down, journaling, and pick-up

Kindergarten Group B Schedule (7:00 AM - 12:00 PM & 2:55 PM - 6:00 PM)

Morning:

- Arrival, wellness check, calm activities
- Snack, creative centres, and nature play
- Enrichment time, music & movement
- Story circle and school transition

Afternoon:

- Snack, gym time
- Outdoor exploration
- STEAM inquiry and reflective wrap-up

Key Features:

- *Forest Fridays & Mindfulness Mondays*
- *Early literacy and numeracy*
- *Integrated social-emotional learning*
- *1:15 educator-child ratio*