



Preschool & Prekindergarten Program Plan

Our classrooms are set up with engaging activities in a captivating environment to promote growth in the areas of Faith Formation, Physical Development, Language & Literacy, the Arts, Social Studies, Mathematical Thinking, Scientific Thinking, and Personal & Social Development.

The schedule components listed below promote age-appropriate physical, intellectual, social, and emotional development of preschool children.

- ❖ **Group Circle Time:** To encourage self-expression and social interaction within a group setting. It is when the value of understanding and patience in taking turns is instilled among the preschoolers. We focus on respect for others, teamwork, patience, self-regulation, compromise, and active listening. Through these experiences, the preschoolers become more mindful of their senses and physical selves, forming a strong foundation for their future academic undertaking.
- ❖ **Self-Interest Time:** To provide our students with the opportunity to explore and engage in activities of their choice, fostering a sense of wonder and curiosity about the world around them. Through inquiry, exploration, interaction, and problem-solving, preschoolers are developing crucial academic foundations and social interaction skills that are essential for their future scholastic success. Interest areas include prayer area, creative arts, writing center, science, sensory table, books, board games, puzzles, drama arts, puppet theater, music, floor games, block construction, and math manipulatives.
- ❖ **Music/Movement:** To provide an opportunity for creative expression and appreciation for music. Music and dancing can help develop social-emotional skills, such as higher self-esteem, confidence, and better self-control. It also promotes cognitive skills, motor skills, and sensory skills.
- ❖ **Daily Focus:** To foster a more cohesive learning experience, we begin with an opening prayer before introducing the weekly and daily skills and themes through an integrated curriculum that aims to make connections, transfer knowledge, and apply it.
- ❖ **Kindergarten Readiness Skills:** To focus on academics and self-help skills: recognizing and printing letters and numbers, counting, phonics, one-to-one correspondence, classification, zipping, buttoning, snapping, cutting, and following directions.
- ❖ **Large Muscle Time:** To provide the opportunity for physical development indoors and outdoors. Supports the preschoolers' movement and coordination. It improves their balance and connection to other body functions, encourages cooperation through active play, and allows for a needed release of energy. It also enhances self-esteem and develops a healthy desire for life-long fitness.
- ❖ **Cooperative Activities:** To work together for a common purpose, to build team spirit and unity, and to offer leadership opportunities.
- ❖ **Discovery Time:** To promote learning through exploration and discovery. To encourage global awareness with exposure to the language, customs, and traditions of other cultures. To provide hands-on experiences through creative and language arts, science, and projects.
- ❖ **Creative Exploration:** To provide opportunities for children's exposure to a wide variety of materials and experiences.

The Preschool & Prekindergarten Program Plan is developed and evaluated annually, in writing, by the program director and teachers.



The Areas of Preschool & Prekindergarten Environment

Dramatic Play: An extension of the home and community environment

- ❖ Coordination of movement activities: sorting, pairing, transferring, calculating
- ❖ Occupation stations: Areas that are changed monthly to learn about specific jobs in the home and community
- ❖ Home Living area: A setting that encourages empathy and understanding to preschoolers as they explore different roles and perspectives.
- ❖ Engaging in dramatic play enables the preschooler to develop essential social and emotional skills. Additionally, it enhances creativity, imagination, problem-solving, and critical thinking skills.
- ❖ Fosters language and communication development, allowing children to express themselves and engage in meaningful interactions.
- ❖ Builds confidence and self-esteem, empowering young children to navigate real-life situations with ease and adaptability. Encouraging the preschooler to participate in dramatic play greatly contributes to their holistic development.

Sensory Areas and Activities: Aide in the refinement of the child's senses and knowledge.

- ❖ Tactile awareness and hand-eye coordination
- ❖ Observational skills and cause & effect
- ❖ Vocabulary and verbal expression
- ❖ Math, Number, and science concepts
- ❖ Sharing and turn-taking

Language and Literacy: Build the foundation of the love of reading and writing.

- ❖ Alphabetic principles, concepts of print and books, phonemic awareness, vocabulary, comprehension, and rhyming
- ❖ Increase vocabulary and spoken language with rich literature
- ❖ Connect the letter symbol with the corresponding sound.
- ❖ Develop early writing skills
- ❖ Learn to decode early readers and acquire knowledge of sight words.

Math and Manipulative Materials: Foundational work of math concepts and fine motor movement

- ❖ One-to-one correspondence
- ❖ Number concepts and counting
- ❖ Estimating and graphing
- ❖ Measuring, ordering, and patterning



Cognitive Materials: *Focus on information processing*

- ❖ Ability to process information, cause, and effect
- ❖ Encourages autonomous thinking & problem solving
- ❖ Fine motor development, practicing skills of persistence, creativity, and imitation
- ❖ Puzzles

Block & Building Materials: *Focus on using materials to promote math and motor skills*

- ❖ Gaining skills in measurement, size & shape, geometry, cause & effect and problem-solving
- ❖ Increasing small & large muscle control and hand & eye coordination
- ❖ Using blocks made from multiple materials (foam, plastic, wooden, Lego, Duplo) and shapes

Arts: *Development of fine motor and creativity skills.*

- ❖ Cutting: varied lines and difficulty
- ❖ Patterns, colors, hole punching, gluing.
- ❖ Modeling and sculpting
- ❖ Painting: watercolors and tempera painting.
- ❖ Study of Artist and art appreciation.
- ❖ Gaining skills in creativity, problem-solving, color concepts, art techniques, emotional expression, and self-confidence

Music: *Appreciation of music culture and styles.*

- ❖ Rhythm Sticks and varied musical instruments
- ❖ Varied music styles and composers
- ❖ Finger play and rhythm activities.
- ❖ Music and movement games
- ❖ Gaining skills in creative expression, recognizing patterns and sequence, listening skills, gross & fine motor skills, coordination

Social Studies Materials: *Appreciation for own culture and culture for others through books, projects, and planned activities*

- ❖ Provide experiences to teach respect and appreciation for own culture and culture for others through books, projects, and planned activities
- ❖ Globe and maps
- ❖ Books and music
- ❖ Comparison/contrast of now and then



Science: *Exploration of the natural environment*

- ❖ Seasons, life cycles
- ❖ Care of nature: maintaining care of growing plants
- ❖ Exploration of animals, mammals, insects, reptiles, and ocean life.
- ❖ Science experiments
- ❖ Practicing: observation skills, predicting, questioning, problem-solving, cause & effect, magnification
- ❖ Vocabulary and Concepts: Math and Science

Quiet Area: *Focus on Self-Regulation*

- ❖ Area to rest & recharge, lower adrenaline, practice deep breathing
- ❖ Practice skills of identifying emotions to better manage stress, control thoughts, actions, and words

Prayer Table: *Focus on Faith and spiritual expression*

- ❖ Area to communicate directly with the Lord
- ❖ Practicing self-reflection, gratitude, discipline, building trust and faith
- ❖ Opportunities to explore faith through bible stories, stories of saints, and other faith-based materials
- ❖ Learning and Practicing prayers