



Shorashim Schedule 2020-21

7:50-8:30 Welcome Children

8:30 -12:45 Morning Program:

- Morning Meeting
- Exploration of Learning Centers
- Project Work
- Snack
- Small group/Whole group activities
- [Musica (*Music*), Hitamlut (*Physical Education*)]
- Recess

12:00 Lunch

12:45 Dismissal (Morning Program)

1:00 Quiet/Rest Time

2:00 Optional Full Day Early Dismissal

1:30- 3:30 Full Day Program Sampling of Activities:

- Mindfulness
- Yoga
- Art
- Dance
- Literacy
- Outdoor activities
- Continuation of exploration of morning activities

1:30-2:00

- Nappers continue to rest
- Non-nappers explore learning centers

3:00 Clean up and snack

3:30 Dismissal

3:30-6:00 Late Afternoon "Tzaharon" Program: Shorashim In the school Cafeteria

