

Balancing the Daily Schedule

Classroom schedules should include a balance of *Activity Level*, *Child/Adult Directedness*, and *Group Size* throughout the day. Providing a balanced schedule can help teachers maximize children's engagement and minimize challenging behaviors.

Fill in your classroom schedule in the left-hand column. For the purposes of this activity, you do not need to include transitions as part of your schedule. After filling in your daily schedule, rate each activity based on the dimensions of *Activity Level*, *Directedness*, and *Group Size*. Choose the dimension that represents the majority of each activity. For example, do not rate Circle as Active AND Passive because children are sitting in a group and singing songs and participating. Decide if they are spending more time being active or passive and rate it relative to that decision. See the next page for a sample schedule.

| Classroom Schedule | Activity Level | | Directedness | | Group Size | |
|--------------------|----------------|---------|--------------|-------|------------|---------|
| | Active | Passive | Adult | Child | Large | Sm/Ind. |
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Sample Schedule

| Classroom Schedule | Activity Level | | Directedness | | Group Size | |
|--------------------|----------------|---------|--------------|-------|------------|---------|
| | Active | Passive | Adult | Child | Large | Sm/Ind. |
| Arrival/Tables | X | | | X | | X |
| Circle | | X | X | | X | |
| Center Time | X | | | X | | X |
| Story Circle | | X | X | | X | |
| Snack | | X | | X | | X |
| Books | | X | | X | X | |
| Outside | X | | | X | | X |
| Small Groups | X | | X | | | X |
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