

# Sensory Escape: Premium Special Needs Pre-K Sample Daily Schedule

*This visual schedule is engineered around sensory integration, neurological pacing, and Activities of Daily Living (ADLs) to maximize regulation and learning for neurodivergent students.*

| Time Block          | Activity Name                             | Operational Focus & Sensory/ADL Integration                                                                                                                                              |
|---------------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:00 AM – 9:00 AM   | Wrap-Around Care & Early Arrival          | Low-stimulation free exploration. Gentle transitions, soft lighting, and baseline sensory regulation activities.                                                                         |
| 9:00 AM – 9:30 AM   | Arrival, Regulation & "Heavy Work" Block  | Students enter and immediately engage in proprioceptive input (carrying weighted blocks, pushing carts, wall pushes) to regulate their nervous systems following the morning transition. |
| 9:30 AM – 9:45 AM   | Visual Circle Time & TEACCH Routine       | Strictly capped at 15 minutes. Use of Picture Exchange Communication (PECS) cards, visual schedules, interactive whiteboards for cause-and-effect learning, and one brief sensory story. |
| 9:45 AM – 10:00 AM  | Morning ADL: Hygiene & Toileting Protocol | Dedicated lesson block focused entirely on toilet training routines, independent handwashing with sensory-friendly foaming soap, and learning to pull up garments.                       |
| 10:00 AM – 10:15 AM | Sensory-Friendly Morning Snack            | Low-pressure eating environment. Focus on texture recognition, independent container                                                                                                     |

|                     |                                               |                                                                                                                                                                                          |
|---------------------|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                     |                                               | opening, and exposure to predictable, safe snack options.                                                                                                                                |
| 10:15 AM – 11:15 AM | Thematic "Push-In" Therapy & Learning Centers | Small group rotations. On-site 1099 Occupational, Speech, and Physical Therapists deliver direct IEP support directly inside the classroom spaces during play-based fine motor stations. |
| 11:15 AM – 11:45 AM | Gross Motor Sensory Gym Rotation              | Structured movement using climbing walls, swings, and crash pads to cross the midline, improve vestibulocochlear processing, and burn energy safely.                                     |
| 11:45 AM – 12:30 PM | Nutritional ADL Block: Packed Lunches         | Students practice independent feeding skills (unzipping lunch boxes, using utensils). Complete acceptance of safe foods in a zero-judgment environment.                                  |
| 12:30 PM – 12:45 PM | Mid-Day Toileting & Decompression Routine     | Transition to rest. Restroom routines followed by a transition to the Sensory Library featuring fiber-optic lights and bubble tubes for baseline calming.                                |
| 12:45 PM – 2:30 PM  | Rest, Reset & Quiet Regulation Period         | Classroom lights turned off. Students utilize individual pods, cots, weighted blankets, and noise-canceling headphones to sleep or quietly rest.                                         |
| 2:30 PM – 2:45 PM   | Afternoon ADL: Shoes & Dressing Routine       | Explicit instruction and independent practice for putting on shoes, adjusting socks, and collecting personal items.                                                                      |
| 2:45 PM – 3:00 PM   | Closing Circle & Parent Pick-Up Transition    | Review of the day's visual schedule, pack-up routines, and dismissal for Core Pre-K                                                                                                      |

|                   |                                  |                                                                                                       |
|-------------------|----------------------------------|-------------------------------------------------------------------------------------------------------|
|                   |                                  | students.                                                                                             |
| 3:00 PM – 5:30 PM | Afternoon Wrap-Around Care Block | Outdoor motor play (weather permitting) or indoor multi-sensory stations.<br>Flexible pick-up window. |