**Create a Play Day Schedule**

The ***At My Best*** **Play Day** sample schedule includes time slots for an opening and closing assembly, activity stations, and lunch times. Adapt the schedule to suit the needs of your school.

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| Time | Main Activity | On the Side Lines |
| 7:30am | Preparation of stations |  |
| 8:30am | Opening assembly  | Volunteers assisting with station preparation  |
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| Add/remove rows if needed |  |  |

Helpful Hints:

* Include a healthy snack station in your rotation schedule. Either supply students with healthy snacks and water or encourage students to bring a healthy snack to the station
* Provide all group leaders, teachers, and volunteers with your ***At My Best*** **Play Day** schedule