

# epic hour

QUICK  
REFERENCE  
GUIDE

Pictured: Students using their spatial reasoning, collaboration, and problem solving skills to complete a puzzle.



## A quick reference guide for implementing EPIC Hour in your classroom

### EPIC Hour is flexible! Here are things to consider:

When will EPIC Hour work best for me?  
Can I plan activities for the morning or the afternoon?

What activities should I include? I began EPIC with simple activities and focused our goals around behaviors and expectations in the beginning of the year. Beginner EPIC activities might include:

- Puzzles
- Play-Doh
- Construction Site
- Art Studio
- Loose Parts
- Dramatic Play

As our routines became smoother, the activities increased in choice and complexity. From the middle to the end of the year, EPIC activities included:

- Sand and Water Table
- Book Creations and Pen Pals
- Rollercoasters and Ramps
- Circuits
- Headlamp Readers
- Cubelets
- Coding Mouse
- Virtual Reality

How will I justify the importance of play in the Early Childhood setting? Who are my stakeholders? How will I reach them? I spoke with my administration in the weeks leading up to the school year about my ideas surrounding EPIC Hour. I spoke to parents

early on and sent updates in our weekly newsletter. I also provided tip sheets from the Illinois Early Learning project to help parents with developmentally appropriate activities they can do at home with their student!

### The Buy In

I used research from NAEYC as well as the Fred Rogers Center to justify the importance of play in the Early Childhood classroom. Furthermore, nearly all of the activities included in EPIC can be linked to a CCSS, Archdiocese, or Illinois Early Learning Standards.

### Teacher Take Aways

- Students have taken ownership of their learning
- Students have become more curious risk takers
- Students want more



# 2018

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." - Fred Rogers

How do I incorporate developmentally appropriate choice time amidst the growing academic demands of the Kindergarten classroom?

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How do I garner support from administrators?

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How do I explain, and ultimately justify, the importance of play in the Early Childhood classroom to both administrators and parents?

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How do I demonstrate learning and growth?

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How do I extend the Big Picture ideas behind EPIC Hour across the curriculum?

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