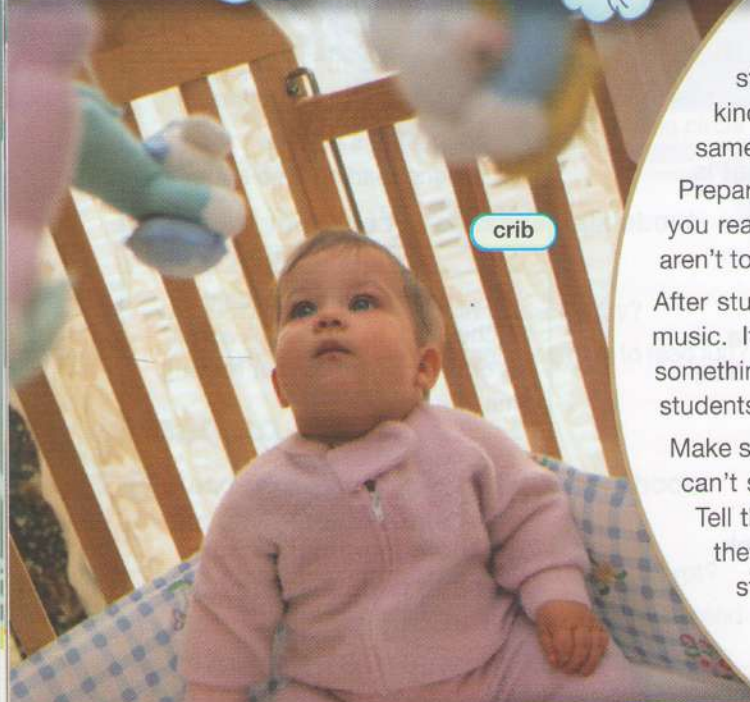


8 Naps and Rest



Introduction to Kindergarten Teaching

Section 5.3: Naptime



Young children need a **nap** during the day. **Schedule** your students' nap sometime after lunch. By the **afternoon**, kindergarten students are usually tired. Make sure the nap is at the same time each day.

Prepare the room **beforehand**. Have them read to each other or listen to you read. This will help them **wind down**. Set up the **cribs** so students aren't too close to each other. Use mats if cribs aren't available.

After students **lie down**, turn off the lights. Try turning on some **soothing** music. It can be difficult to calm some students. Allow them to bring something from home like a pillow or blanket. This added **comfort** will help students fall asleep.

Make sure students stay **quiet**. If they can't sleep, tell them to just **rest**.

Tell them to think about a story they read. Most times, these students will fall asleep soon.



Get ready!

1 Before you read the passage, talk about these questions.

- 1 How should you prepare for your students' nap?
- 2 What are some ways to help children fall asleep?

Reading

2 Read the textbook excerpt. Then, mark the following statements as true (T) or false (F).

- 1 ___ The nap should be at the same time each day.
- 2 ___ Students should prepare their own cribs.
- 3 ___ Students can bring a pillow or blanket from home.

Vocabulary

3 Read the sentences and choose the correct words.

- 1 The **comfort/mat** seems like a nice place to sleep.
- 2 Reading a story helps students **wind down/afternoon**.
- 3 Young children need to **beforehand/rest** during the day.
- 4 **Schedule/Crib** something for students to do before they sleep.
- 5 Students are trying to sleep, so be **nap/quiet**.
- 6 Students should **lie down/soothing** even if they can't sleep.