

2. Every day before rest time, introduce the musician to whom the children will be listening.
3. Ask a child to come up and attach the picture to the bear.
4. You can display various artists weekly or daily.

★ Lisa Chichester, Parkersburg, WV

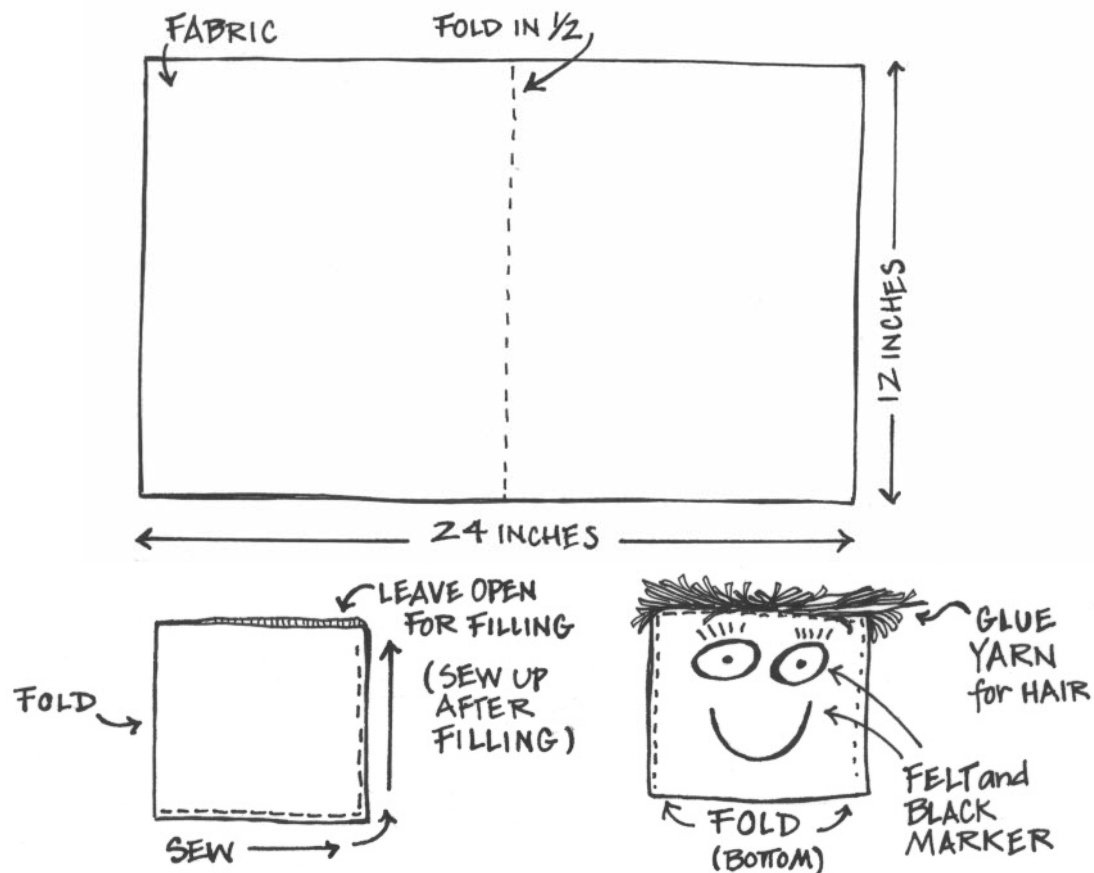
## Nap Buddies

### Materials

Fabric • scissors • needle and thread • stuffing • yarn and felt • glue • markers

### What to do

1. Cut fabric into 12" x 24" rectangles, one for each child.
2. Fold the fabric in half, and sew the bottom and side of the fabric, leaving the top open for filling.



3. Give one to each child. Let them fill their pillows with stuffing.
4. Sew the opening closed for each child.
5. Encourage the children to decorate their nap buddies as desired. They can glue on yarn for hair and felt for eyes, and use permanent markers for added features.
6. The children can sleep with their nap buddies at rest time.

★ Lisa Chichester, Parkersburg, WV

## Naptime Activity Bags

### Materials

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Fabric bags or large plastic resealable bags

### What to do

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1. For the children who do not fall asleep, provide quiet activities for them to do while the others sleep.
2. Fill fabric or plastic bags with quiet activities, such as dominoes, playing cards, magnetic alphabet letters, magnetic numbers, 24-piece puzzles, and “I Spy” books.

★ Melissa Browning, Milwaukee, WI

## My Naptime Sheet

### Materials

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One junior-sized fitted sheet for each child • newspaper • variety of fabric paints • sponges • small paintbrushes • fabric pens

### What to do

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1. Ask the parents to send in a junior-sized fitted sheet for their child. If these sheets will not fit the naptime mats, then ask each child to bring in a junior-size flat sheet instead.

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