

2. Cover several mats with newspaper, and put the sheets on the mats. Encourage the children to use fabric paints, sponges, paintbrushes, and fabric pens to decorate their own sheet.
3. Ask the children to use a fabric pen to print their names on their sheet.
4. Remove the sheets from the mats. Let them dry thoroughly.
5. Wash the sheets as you normally would to remove excess paint and to soften them.
6. Let the children use their Naptime Sheet during regular naptime. They will be more enthusiastic about putting their sheets on their mats when they get to use their own colorful creations.  
**Tip:** If possible, let the children use alphabet sponges to write their names on their sheets.

## Related books

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*The Napping House* by Audrey Wood  
*Piggies* by Audrey Wood and Don Wood  
*Sleep Book* by Dr. Seuss  
*Time to Sleep* by Denise Fleming  
*Treasure Nap* by Juanita Havill

★ Virginia Jean Herrod, Columbia, SC

# Rest Time

## Materials

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None

## What to do

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1. By the time they are five years old, most children are outgrowing their naps. However, they still need time to relax. Here are some ideas to calm things down.
2. Turn out all the lights, leaving a small reading light on. Play quiet music or environmental sounds tapes.
3. Gather for story time with pillows and blankets; as the children get sleepy and want to lie down, they can leave on their own to go to their rest spot.
4. Learn some yoga deep breathing and relaxation exercises (check your library for books or look on the Internet). Lead the children in these exercises,

encouraging them to notice how their bodies feel. If they want to rest, they can go to their mats.

5. Let the children do a quiet activity on their mats, such as writing in a journal, coloring, reading, or just thinking.
6. If children can remain quiet, they can sit together and whisper, share a book, or work a puzzle.

★ Tracie O'Hara, Charlotte, NC

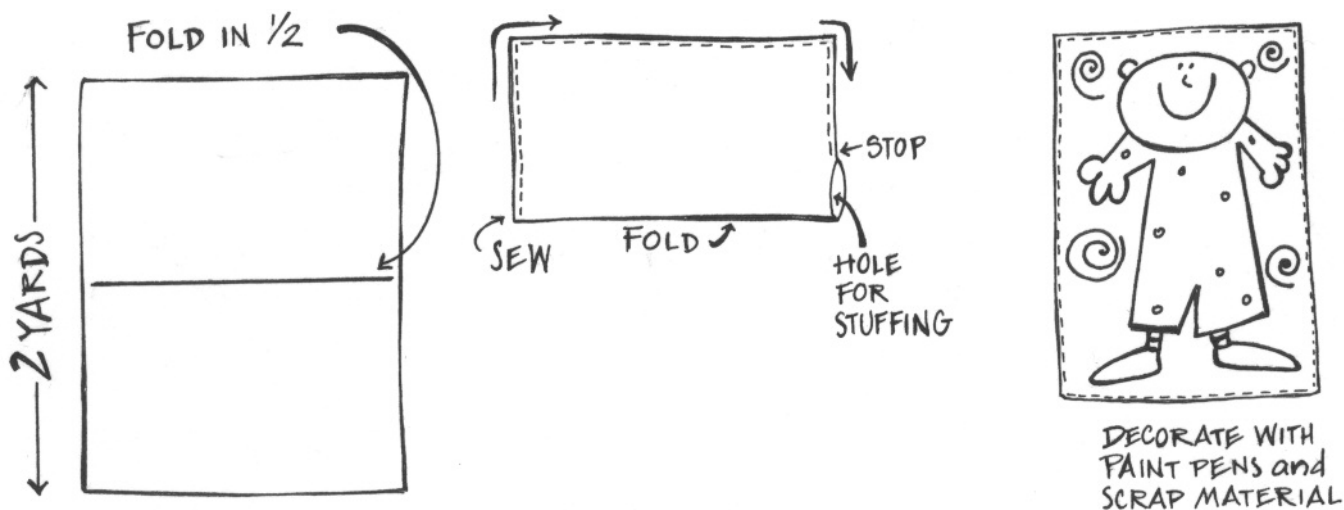
## Nifty Nap Mats

### Materials

Fabric • scissors • needle and thread • polyfiber fill • paint pens • ribbon and scrap material • hot glue gun (adult only)

### What to do

1. Cut fabric to fit the naptime mats, one for each child.
2. Fold each piece of fabric in half, and sew them as shown (see illustration). Leave a small opening for stuffing.
3. Encourage the children to fill their fabric with polyfiber fill. Sew the hole closed.
4. Each child can decorate his own mat with paint pens and scrap material. (An adult should glue the scrap material in place.)



★ Lisa Chichester, Parkersburg, WV