



Teacher Information

Creating a successful nap time routine

4. Establish a Calming, Restful Environment

- Dim the lights if allowed.
- Turn on soft lighting if allowed, like twinkle lights or nursery lamps.
- Play wave sounds or other white noise.
- Move quietly around the room, use a gentle and quiet voice to

Step-by-Step Guide for a Successful Nap Time

6. Teach Transitioning out of Nap Time

- Transition from napping to waking up gradually.
- Start by putting away any quiet rest time activities.
- Then, quietly move around and begin to gently awaken the children who are sleeping
- Children will follow the procedure for putting away their nap materials.
- Have a clear plan in place for what students will do after they put away their nap materials.

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RULES & ROUTINES

NAP TIME

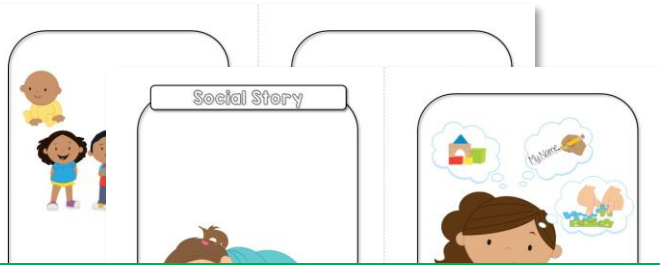
✓ SOCIAL STORY ✓ PARENT NOTE ✓ PLAN BOARDS



✓ BOOKLETS ✓ CHOICE CARDS ✓ DOOR SIGNS

- ✓ How to Plan for Nap
- ✓ Set Nap Expectations
- ✓ Calm & Restful Environment
- ✓ Teaching Procedures & Routines
- ✓ Transitions
- ✓ Pre-Nap Routines
- ✓ During Nap Routines
- ✓ Mistakes to Avoid

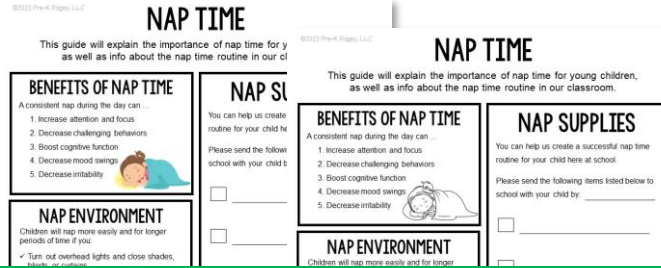




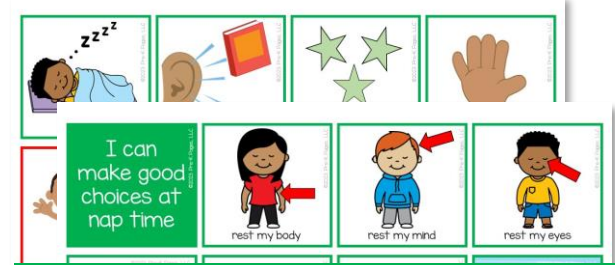
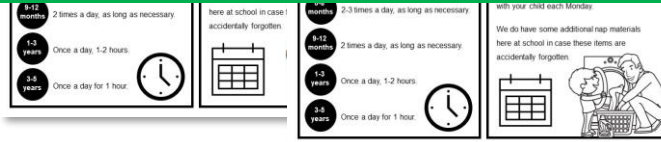
Social Story Booklets

I Can Nap

or learn how to write our names.



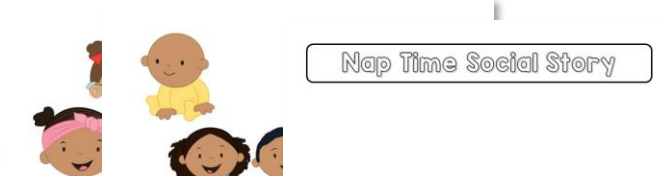
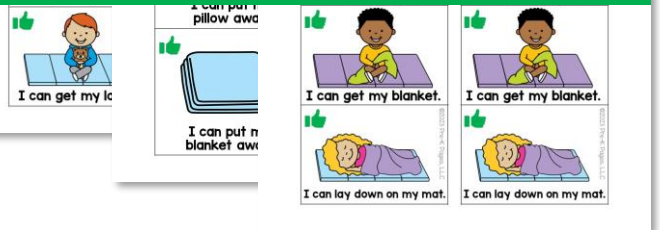
Note for Parents



Choice Cards



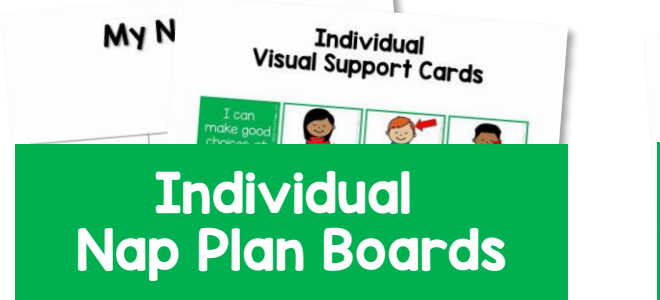
Routine Sequence Strips



Social Story



Resting Posters



Individual Nap Plan Boards



T-Chart Resources



Pre-K Pages



MEET VANESSA

I love helping busy Pre-K and Preschool teachers plan effective and engaging lessons, create fun, playful learning centers, and gain confidence in the classroom. As a public Pre-K teacher with 20+ years of classroom teaching experience, I'm committed to helping you teach better, save time, stress less, and live more. I hope this resource will help give you a better idea of what I'm all about at [Pre-K Pages](#) and [Teaching Trailblazers](#).



Listen to my podcast, [Elevating Early Childhood](#)



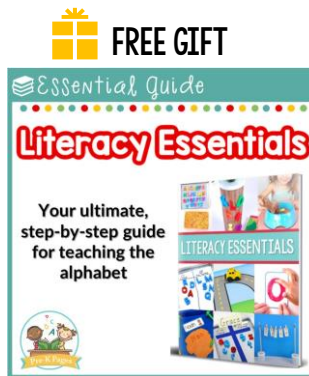
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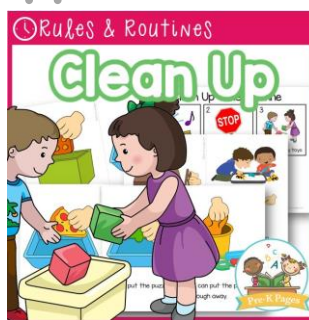
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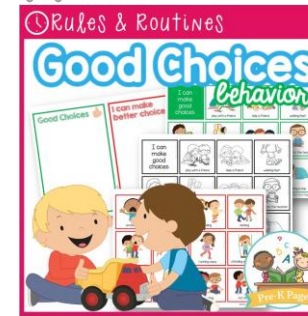
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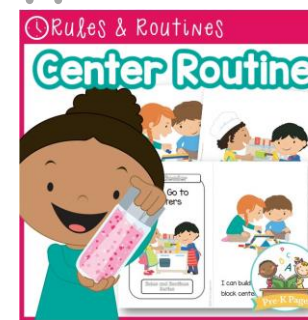
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