

Rest Time

We've had such a busy day. I'm glad we can rest.

Every day we...

When you are on your cot, then I will pat your back.

Which rest time book will you choose?

Let's look at our routine together. We did...then we...and now we are right here.

Would you like to hop like a rabbit or fly like a butterfly to your cot?

Your cot is waiting for you.

Let's look together at the timer so we know when rest time will be done.

Would you like your blanket under you or on top of you?

Want to do it yourself or with help?

This is the time when bodies need rest.

Breathe with me.