

# Quiet Time Activities

There are times during the day when some children need to rest, and others are ready to play. For these times, it's useful to have quiet activities ready to go. It can be helpful to talk to the children in advance and occasionally remind them as needed that these materials must be engaged with quietly to allow the other children to sleep.

Prepare these items in advance and keep them near your nap area for easy access.



- Look at books
- Sequencing cards
- Stringing beads
- Sorting and counting buttons
- Organizing small items in egg cartons
- Building with popsicle sticks
- Matching games
- Tearing or cutting paper for art projects
- Pattern cards or tangrams
- Drawing in a special journal
- Puzzles
- Matching game
- Practice fastening buttons, tying laces or attaching buckles
- Lacing cards
- Colorforms or similar reusable sticker books
- Small collections of loose parts in a box or tray
- Playdough and rollers/cutters