



Parents of Preschoolers

Rest Easy Session One: Modeling

Introduction

A preschooler's desire to be together and do together means that though they may resist being TOLD what to do, they're always watching to be SHOWN what to do. This makes modeling rest for a good way to help create a culture of rest in the home...but it may feel challenging at first! This worksheet will help you engage with the practice of noticing your need for rest and of showing your child how you rest when you need to.

Question

Take a look at the example here or on the worksheet you received with this video. What do you notice about your own need for rest? What time of day do you feel most in need of it? What does your body feel like? In what ways do you think you can communicate this to your preschooler when the opportunity arises?

Invitation

Over the next few days, as you feel moved, practice noticing and communicating your need for rest. What does it feel like to do this? Take notes if you choose.

Rest Needs: Fill-in-the-Blank

Where are you noticing your need for rest showing up in your day?

I notice I tend to feel tired / in need of a break : in the afternoon

I know I need a break when I: start to get a headache / get cranky

I can try to communicate this by: saying "I feel tired. I need a break."

Session One: Notes

Where do you notice your rest needs showing up in your day?

Take notes here!

