



Rest Easy

Session Two: Let's Get Cozy

Introduction

One way to honor rest in the home is to literally make room for it! Setting up a "cozy corner" can help your preschooler find the idea of rest appealing and can communicate the idea that your family considers rest important. Today's worksheet will help you brainstorm how you might use things you already own to help make a rest area for your preschooler!

Question

Take a look at the example below. What space might you be able to transform into a cozy corner? In what ways could you try to make it comfortable and inviting? What objects do you already have might you use to make it restful? Take notes on the next page if you choose.

Invitation

Over the next few days, use what you've brainstormed today to inspire your thinking about a cozy corner. If you feel moved, experiment with making one!

Cozy Corner Brainstorm

What area of our home might work for a rest corner?

The corner of the living room (by the bookshelf)

What could we gather / use to help make it comfortable?

- *Blanket from the linen closet*
- *Floor pillow*

What favorite objects could help make it inviting?

- *Favorite books*
- *Stuffed tiger*

Session Two: Notes

How might a cozy corner work for you?

Take notes here!

