



Rest Easy

Session Three: Bless This Rest

Introduction

If you lull your children to sleep with particular songs or stories, you're using invocations: blessings meant to set the tone for a particular moment and to prepare our bodies and minds for what's coming. Invocation language, which often uses rhythm or rhyme to help create a sense of safety or comfort, can help our children sleep by reassuring them that everything will be all right while they're in dreamland. It can also be used to encourage daytime rest! This worksheet will help you brainstorm where you might use invocations to bless your preschooler's rest!

Question

Look at the example below. What times, places, or objects related to your preschooler's rest might benefit from an invocation?

Invitation

Over the next few days, brainstorm some places or times that could benefit from an invocation of rest. Experiment with using one!

Invocations Brainstorm

What **TIME** could benefit from an invocation?

Afternoon rest time!

What **PLACE** could benefit from an invocation?

- *Bed*
- *Couch*
- *Cozy corner*

What **OBJECTS** could benefit from an invocation?

- *Blankie*
- *Stuffed flamingo*

Session Three: Notes

What invocation words (from books, songs, etc.) might you use during your day?

Take notes here!

