

INCLUSION STRATEGIES & TOOLS

Wakers Programs & Alternatives to Nap

Nap time offers children a chance to pause and rest from the day's activities, but not all children will sleep. When a child is ready to get up, let them! Support each child in listening to their body and guide them in making choices that meet their individual needs.

Alternative Activities on the Bed or Cot:

- Books and audio stories
- Busy bins and bags (fidget toys, matching games, magnets, beads, stickers, etc.)
- Drawing (whiteboards or magnet boards)



Wakers Program:

- Quiet table top activities (e.g., puzzles, crafts, small world play, sensory play)
- Take a group outdoors

PLANNING A WAKERS PROGRAM

Try this tool:

Where	What	Who	When	How
What location works best for wakers?	Expectations and limits. How many children can participate? Are they required to stay at a table? Are the activities developmentally appropriate and of interest to the children?	What is each team member's role and responsibility?	Scheduled or child-initiated. How long do children stay on their beds?	Provide activities and opportunities to connect with children who are not sleeping. Ensure flexibility and adaptation. Will some of these expectations or activities not work for some children? If so, why?

CONSIDERATIONS

Physical Space

- What elements could make the space more calming? For example, calming toys, lighting, music, etc.
- How can the environment promote a feeling of safety and belonging? Consider adding pillows, stuffed animals, pictures of family to look at on beds, etc.
- Can visuals be used to show children the expectations? For example, post a quiet symbol on the table, a noise level indicator or schedule of activities, etc.
- What bins and materials can be prepared ahead of time? Are they available to reduce wait times?

Routines & Transitions

- Make the routine consistent.
- Use a visual timer, song or sound cue.
- Communicate as a team to keep the expectations and roles of the educators consistent.

Teacher Response

- It is developmentally appropriate to expect that some children will not sleep.
- Use this time to build connections and support exploration of activities that help them calm and self-regulate.

Programming

- Some children will have difficulty keeping their bodies still and will need a sensory or movement opportunity (e.g. pop it, stress balls, weighted stuffed animal, movement break before going on their cot, etc.).
- Offer choices and include the children's interests and skills when preparing activities.