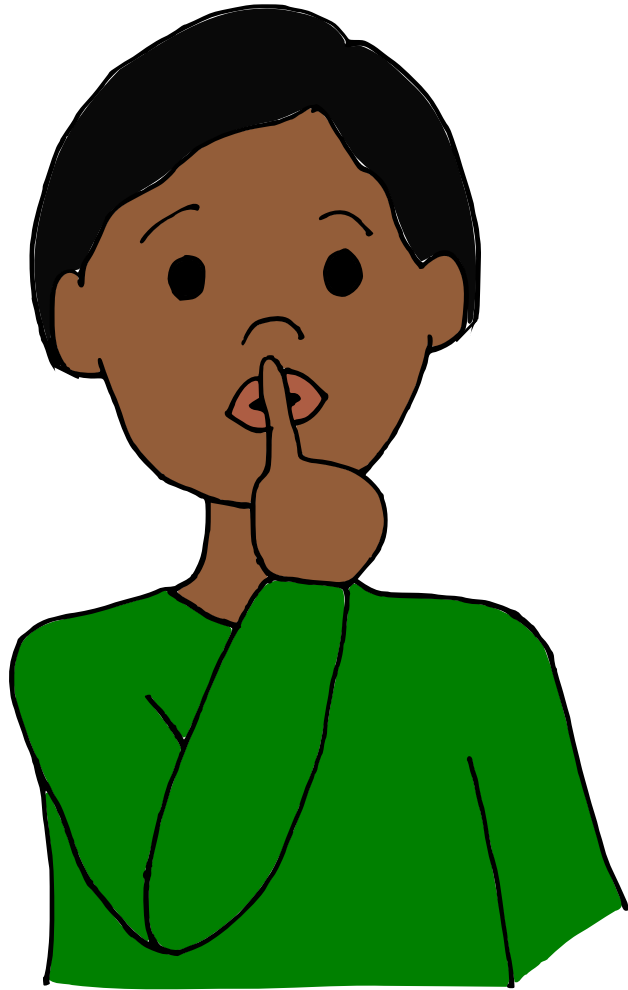


# Quiet Time

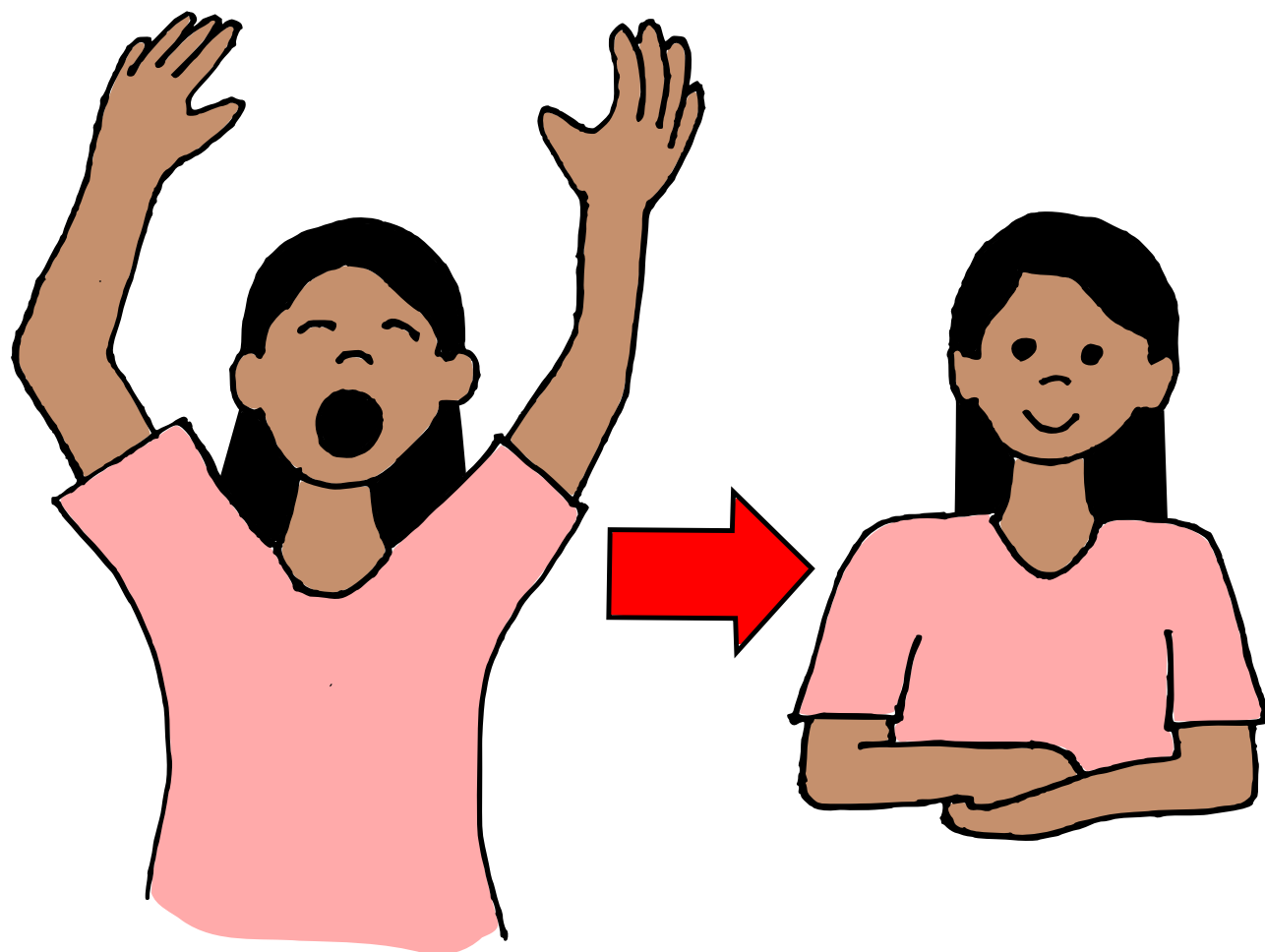




In the afternoon, my body needs a rest.



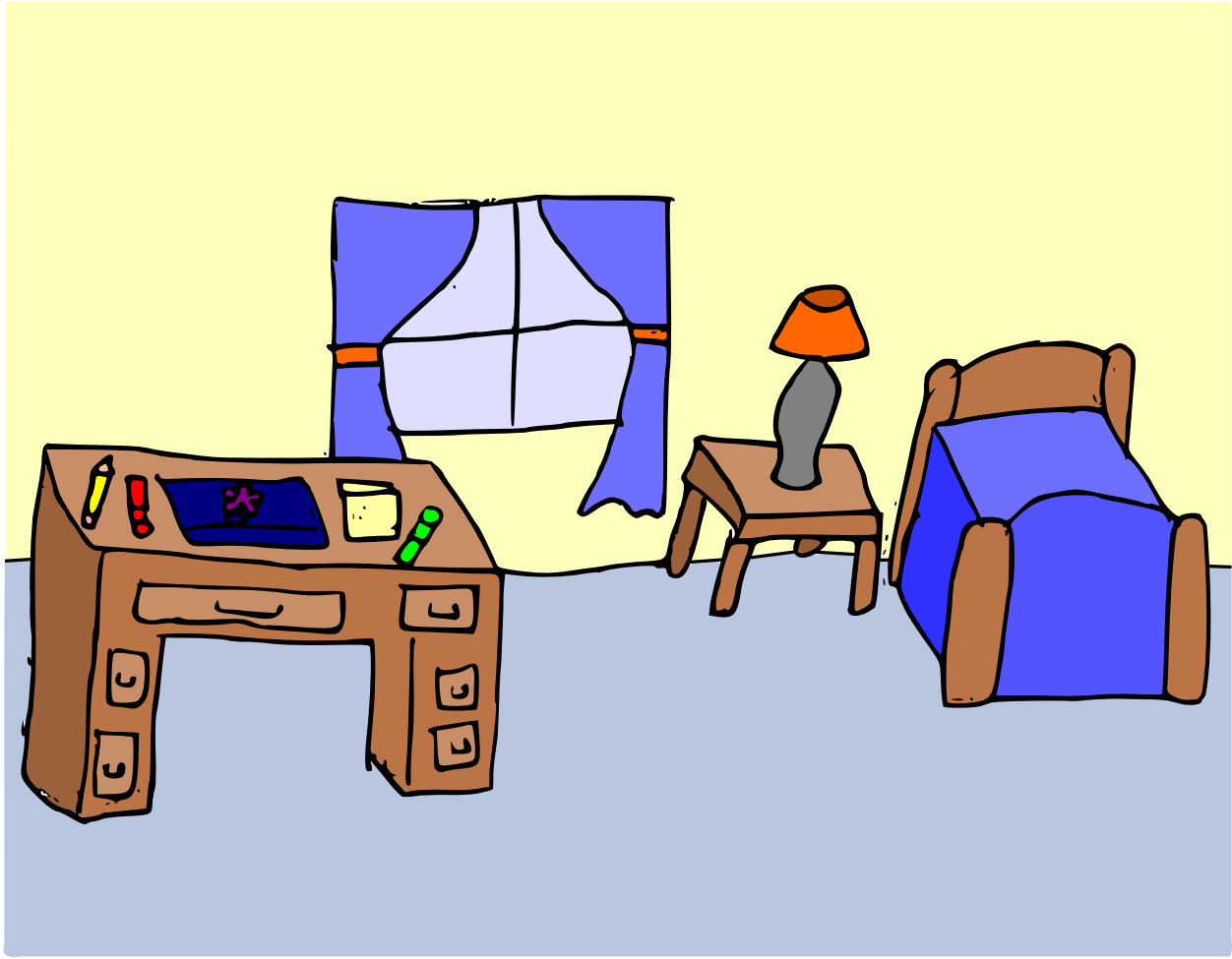
A rest helps my body to recharge so that I can do more things.



It helps me feel calm.



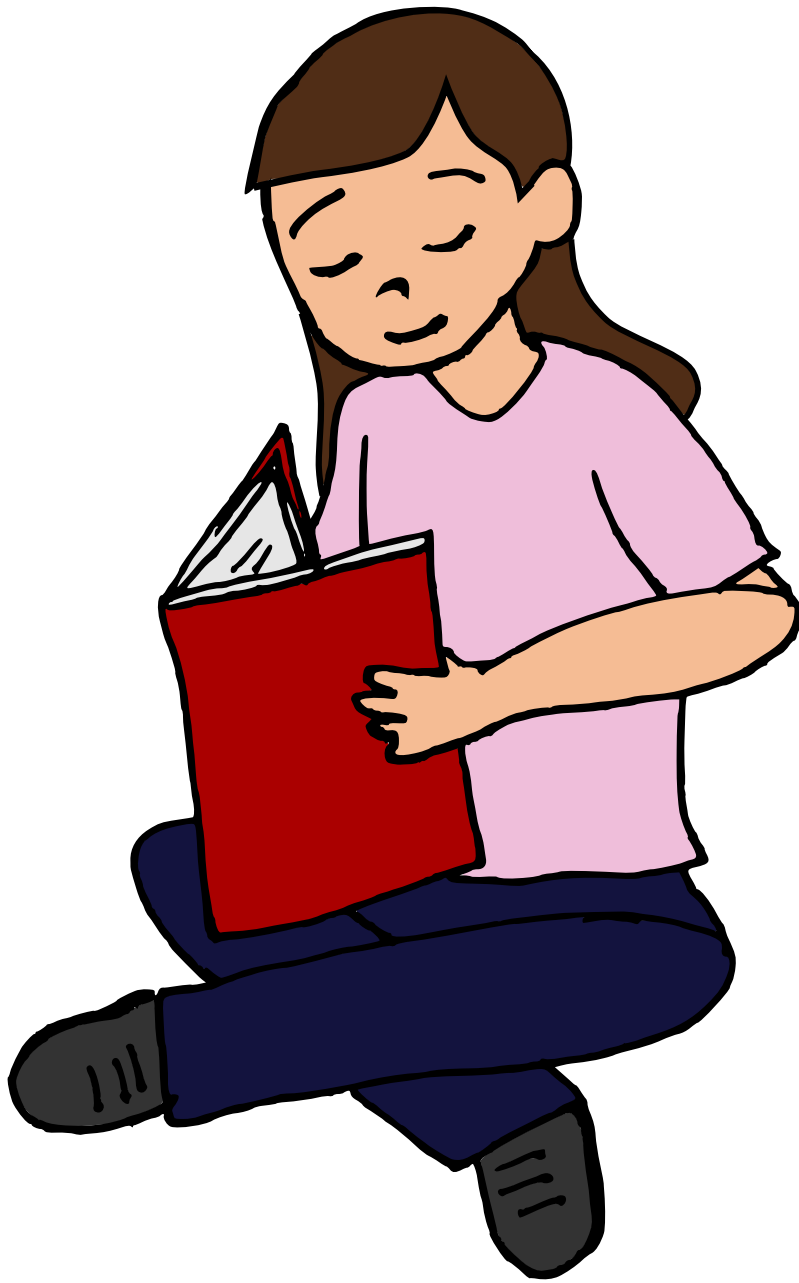
It helps my brain to think and learn.



When Mom or Dad says it's quiet time, I go into my room. I don't need to sleep, but I need to stay there.



During quiet time I can:



Look at books

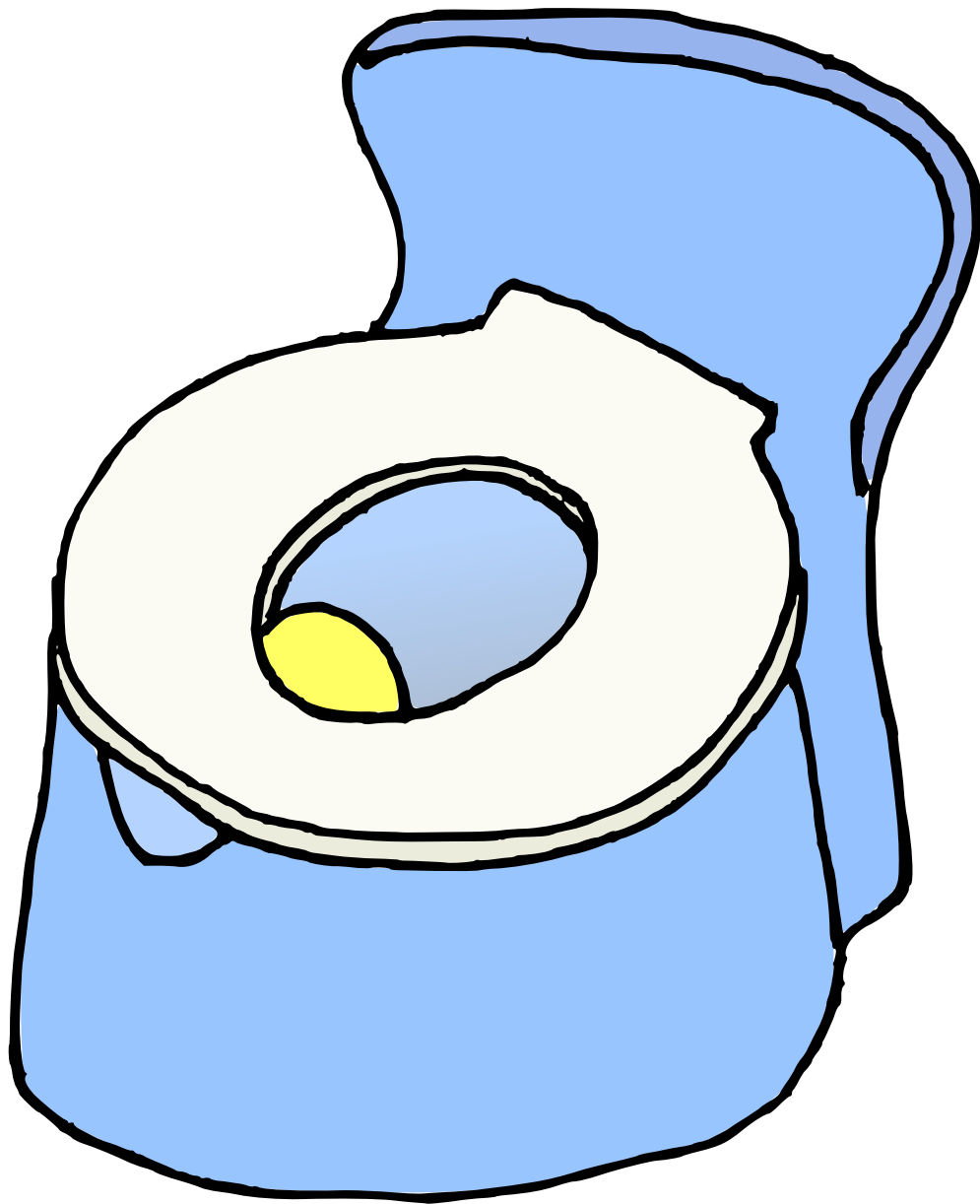




Play quietly with my toys



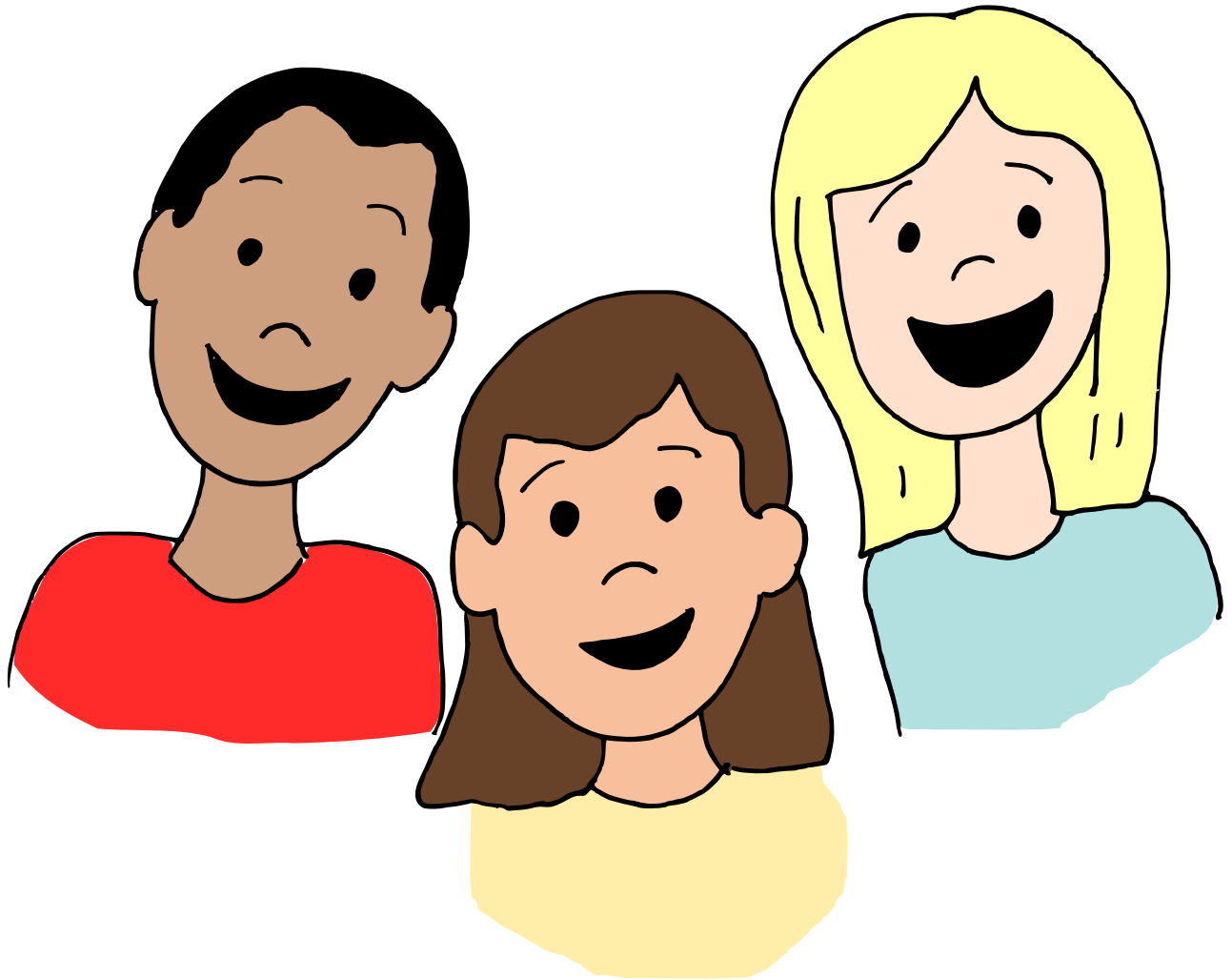
Listen to music



If I need to go to the bathroom, I  
can go in my potty.



When quiet time is over, Mom or Dad will come open my door and let me out.



Quiet time makes everyone happy  
and calm!