



## Guide to Recharge Time

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This recharge schedule accommodates the diverse needs of the children in each and every room! This time gives children the opportunity to unplug from their surroundings and rest or recharge. It is broken down into 3 stages:

### 1. Cool Down 10-15 minutes

\*Yoga \*Guided Meditation \*Story Book (with or without pictures) \*& More!

- This time is meant as a transition into the body rest time, it is meant to relax children from their engaged, high energy play

### 2. Body Rest 10-15 minutes \*Quiet rest time\*

- Each child has an opportunity to rest their body on their own mat, relax, reflect and recharge  
*Classical music makes a lovely background*

### 3. Recharge 40-60 minutes (Rest or Independent Play)

- Some children may fall asleep if they do they probably need it! Allow them to sleep for the recharge period (*unless specified otherwise by parents*)
  - The other children may pick nap baskets and take them to their cots to play independently
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