

I CAN REST



Every day I have nap
time at school



During naptime, I will be safe by resting on my mat.



First, I will lay down on my mat.



Then, I will quietly rest
for 15 minutes.



I can close my eyes or
look at a book.



I might even fall asleep.



If I don't fall asleep after 15 minutes, I can choose a quiet activity at the tables.



I can be respectful by playing quietly at the tables so my friends can rest.



When naptime is over, I will be responsible by cleaning up my toys.



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Social stories explain social situations to children and help them learn ways of behaving in these situations. These stories are sometimes called social scripts, social narratives, or story-based interventions. Not for mass reproduction or sale. Download the PDF at brightsideup.org Bright Ideas. Customize the Canva template with your own images.

For support in creating more social stories or other resources for children please contact us at 518-426-7181 or info@brightsideup.org

