Rest Time Scenario Activity

As a teacher or caregiver, you are responsible for making sure children are safe at all times—even while they sleep. Read the following scenarios. Then write what you would do in each situation.

1. It’s 1pm on Tuesday and all of the children in Patrice’s room are finally asleep. Her co-teacher, Sonya, is in a planning meeting in the office. Patrice sits down on the floor between two children and gets out her lesson planning form. She begins to work on next week’s lesson plans. She hears Dante begin to cough. She looks over to check on him and sees that he has lifted his head off the cot. She waits a second to see if he lays back down, but he suddenly begins vomiting on the floor. She rushes over to him.

   • What should Patrice do to help Dante?

   • What should Patrice do to keep the other children safe?

2. Clara and Melanie look out the window of their preschool classroom as the children sleep. “The sky looks so weird today,” Clara says out loud. As if on cue, the tornado siren sounds. Several children sit up and begin to cry. Other children appear to be sleeping right through the noise.

   • What should Clara and Melanie say to the children?

   • What should Clara and Melanie do to keep the children safe?
3. Rest time is almost over in Juan’s classroom. Most of the children are awake and laying quietly on their mats. Juan’s co-teacher is scheduled to return to the room in 5 more minutes, so Juan begins preparing the room. He notices Desmond is awake, so Juan kneels down next to him. “You ready to get up and get a snack, buddy?” he asks. Desmond nods and begins to sit up. As he does, he stares into space and drops back onto the cot. The left side of his body is jerking uncontrollably.

- What should Juan do first?

- What should Juan do next to keep Desmond safe?

- What should Juan do to keep the other children safe?