



Uraidla and Hills Community Kindergarten

Rest and Relaxation at Kindergarten

Rest and relaxation is an essential part of our learning programme to promote the health and wellbeing of our children. Programmed Rest and Relaxation is supported by an educator and is a key component of the essential six elements that we teach our children for a healthy lifestyle. These are Rest, Fresh Air, Exercise, Healthy Everyday Foods, Water and Sunshine. Rest and Relaxation follows lunch, usually lasts for about 15 - 20 min and enables and encourages children to participate as an individual within a group. The setting is on our carpeted floor, but there are additional spaces both indoor and outdoor which offer children the opportunity to immerse in independent passive, reflective, calm play throughout their learning day.

Early years learning Framework Outcomes -

Children have a sense of wellbeing-

-children take increasing responsibility for their own health and wellbeing

Children are confident and involved learners-

-children develop dispositions for learning such as curiosity, creativity, commitment, enthusiasm, persistence, imagination

Through Rest and Relaxation, the children can.....

- ☐ Make positive choices to acknowledge and respect rights of other's needs for space, rest and reflection
- ☐ Appreciate reciprocal rights for personal space, rest and reflection
- ☐ Understand their own need for calm and re-generative brain function for health, well-being and positive learning
- ☐ Learn new techniques to/and manage emotions and self-disciplines
- ☐ Appreciate a variety of music and movement, literature and sensory experiences
- ☐ Develop listening skills through music, literature and verbal instruction
- ☐ Engage in cooperative group passive activity

What happens in Rest and Relaxation?

A variety of learning activities are offered...

- The children each utilise a small relaxation pillow and a soft blanket in cooler weather to snuggle in. These items are washed on a termly basis. The children are able to access these and on occasion, other essential comfort items that are provide from home. At the end of the session the children return the pillows and blankets to the basket.



- Music is played during Rest and Relaxation. This music is varied and offers calm and comfort while the children rest with a fiddle toy or a natural object (eg warm rock or piece of herb) supplied by the kindy.
- Whilst the music is playing a range of relaxation techniques are taught to the children.
 - -Some deep, belly breathing' and muscle stretches are encouraged.
- Relaxation tapes are sometimes offered which talk the children through imagery.
- Sometimes a gentle massage is provided to the children through the use of a small hand massager. This can be either individual or as a group. This supervised touch is supported by a conversation with the child.
- Story time may be led by the educator or may be a story on disc or tape from our collection.

Other opportunities for rest and relaxation are provided for children throughout their day by

- The snuggles that hang in the trees
- The reading pod and the lounge.

References

National Quality Standards. Standard 2 Children's Health and Safety.

www.deewr.gov.au/EarlyChildhood/Policy_Agenda/Quality/Pages/QualityStandards.aspx

DECD Safe Sleeping for Infants and Young Children Procedure

This policy was ratified by Governing Council 2020 and will be reviewed in 2022 or as required if earlier.