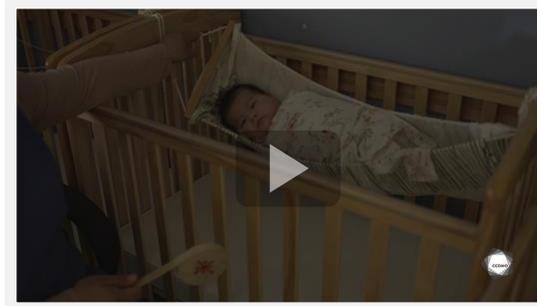


SUGGESTED EXERCISES

Observing nap time routine in the nursery



Video: [Baby napping](#)

OBJECTIVES

- Analyzing the profession.
- Promoting a healthy lifestyle for children.
- Creating a safe environment in an educational childcare centre.
- Promoting children's holistic development.
- Building a positive relationship with children.
- Organizing the educational environment.
- Integrating the language and culture of belonging into educational practices.

ACTIVITY DETAILS

Approximate duration: 2 hrs



STEP 1

1.1 Watch the video clip as a group or individually.

STEP 2

2.1 Individually, check off any skills you can observe in the clip in the table below.

STEP 3

3.1 Individually, explain your answers in the space provided, and discuss the importance of each practical skill and soft skill.

QUALITATIVE ASSESSMENT OF SKILLS

SKILLS	CAN IT BE OBSERVED IN THE CLIP?		DISCUSS THE IMPORTANCE OF USING THIS PRACTICAL OR SOFT SKILL.
	Yes	No	
PRACTICAL SKILLS			
Meeting the children's developmental needs			
Meeting the children's safety needs			
Meeting the children's affective needs			
Supporting the children in leaving their parents for the day			
Feeding the children and helping them eat			
Changing diapers			
Supporting the children in learning how to use a potty			
Getting the children dressed or helping them get dressed			
Helping the children at nap time			



Teaching a healthy lifestyle			
Fostering a stimulating environment			
Ensuring an appropriate pedagogical, physical and material planning of the space			
Building a relationship with the parents			
Establishing a partnership with the parents			
Performing interventions and planning tasks regarding the children's health and safety			
Following sanitary guidelines			
Building a meaningful relationship with children			
Meeting the parents' requirements			
Ensuring constant monitoring			
Planning everyday moments that meet the children's needs			
Observing the children's development and behaviour			
Performing interventions regarding the children's safety (screening and protection)			
Discussing their work with colleagues and management			
Respecting the pace of children and their parents			
Reassuring the children and their parents			

Honouring and respecting the transmission of family and cultural values			
SOFT SKILLS			
Caring			
Listening			
Being organized with the help of tools			
Working in teams			
Being calm			
Being creative			
Demonstrating professional ethics			
Being empathetic			
Being energetic			
Having self-control			
Being emotionally mature			
Being open-minded			
Having a good sense of humour			
Being responsible			

STEP 4

4.1 Share your answers with the group.

STEP 5

5.1 Expand your learning by answering the following questions:

- What is your first impression when watching this clip?
- Is it a professional or personal reaction? Why?



- Share some examples of elements you can observe in the clip that show how the environment supports the children’s holistic development.
- Share some examples of things you can hear in the clip that show how the environment supports children’s affective development.
- What role do the parents play in the planning of nap time in educational childcare centres?
- If you were in the same situation, what would you do differently? Why?
- What elements can you observe that show the educator’s availability for the children in her group?
- What is your takeaway from this activity?

