SUGGESTED EXERCISES

# Observing naptime customs and traditions

[](http://cpe-pn.ccdmd.qc.ca/fiche/moeurs-et-coutumes-durant-la-sieste)

[**Video:**](http://cpe-pn.ccdmd.qc.ca/fiche/moeurs-et-coutumes-durant-la-sieste) [Naptime customs and traditions](http://cpe-pn.ccdmd.qc.ca/fiche/moeurs-et-coutumes-durant-la-sieste)

## Objectives

* Analyzing the profession.
* Promoting children’s holistic development.
* Observing the development and behaviour of children.
* Building a positive relationship with children.
* Building a relationship of trust with children’s families.
* Planning democratic educational interventions.
* Organizing the educational environment.
* Facilitating active learning-based educational interventions.
* Integrating the language and culture of belonging into educational practices.
* Assessing educational quality.

## Activity details

Approximate duration: 3 hrs

STEP 1

1. Watch the video clip as a group or individually

STEP 2

1. Also watch the clip titled “[Swaddling a doll](http://cpe-pn.ccdmd.qc.ca/fiche/emmaillotage-dune-poupee)” as a group or individually.

STEP 3

1. Write a story about how that day could have unfolded for this group of children.
2. Your story must include the following:

* The schedule, the games and the everyday moments;
* The reasons why the day is unfolding this way;
* A list of activities related to the culture and language of belonging that you could have planned;
* A list of things to do to foster collaboration and partnership with the families on that day.

STEP 4

1. Read or tell the stories with the group.

## Additional suggested exercises

* Find someone who was taught something meaningful for their childhood and their development from an Elder or their parents, and invite them to speak to the class.
* Create a booklet of activities that are culturally meaningful for the children and share it with your colleagues.
* Facilitate an activity inspired from your own cultural education (cooking, handicraft, music, singing, etc.) and explain why and how this activity has been meaningful.