



## Wake Up! Handout B40



How this activity supports learning to wait:

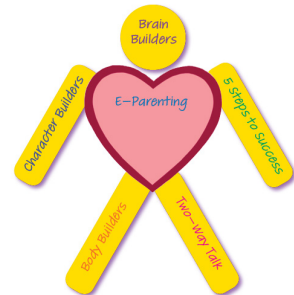
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Which Daily Do I want to focus on practicing:

- \_\_\_\_\_

When will we do this activity:

- \_\_\_\_\_
- \_\_\_\_\_



Who else can do this activity with my child:

- \_\_\_\_\_

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. With an excited voice, tell your child that you're going to play a game together. Show your child how to lie on the floor and pretend to be asleep. Use sound effects like snoring to make it more fun.
3. Set an alarm for no more than 10 seconds OR use your voice to tell them to wake up. Use an excited voice and say something like: **Wake up! Wake up! It's time to get up!**
4. Help your child stand up. Repeat the activity a few times, supporting them to be successful in laying still until the alarm goes off or until you say: **WAKE UP.**