

5 Quiet Time Strategies with Bobbleberry Hollow

These strategies are designed to help preschool educators guide children into calm, joyful rest periods using the magical settings and characters of Bobbleberry Hollow. Each activity encourages emotional regulation, mindful breathing, and imaginative relaxation.

1. Breathing Bubbles in Bubbleberry Field

Invite children to sit comfortably and imagine blowing giant rainbow bubbles into the sky. With each slow breath out, they blow a bubble and watch it float away. This helps them release energy and settle into quiet focus.

2. Star Sprinkle Rest in Sunbeam Hollow

Children close their eyes and imagine Starlight the star sprinkling sparkles of calm over them. Encourage them to feel the 'sparkles' landing gently on their shoulders, hands, and toes, bringing stillness and peace.

3. Mushroom Shelter Relaxation in Marshmallow Mushroom Meadow

Children curl up like tiny mice, just like Niblet, under mushroom caps. They pretend to listen to the quiet sounds of the meadow, feeling safe, cozy, and cared for.

4. Sunbeam Stretch and Melt

Children slowly stretch their arms overhead like sunbeams reaching into the sky. Then they melt back down to the earth, relaxing into their mats or the blanket they are lying on. This teaches both gentle movement and full-body relaxation.

5. Listening to the Hollow

With eyes closed, children listen carefully to the sounds around them. Educators can use a soft chime, rainstick, or humming to spark imagination—could it be Flutterby's wings, or Honey Doodle's hum? This builds focus and awareness while easing into rest.

✨ Affirmation for Quiet Time: "I am safe. I am calm. I can rest."

(See next page for ideas about how to connect these 5 quiet-time activities to the NB Curriculum Framework in your documentation.)



Bobbleberry Hollow – 5 Quiet Time Strategies Linked to the NB Curriculum Framework

These strategies connect Bobbleberry Hollow’s playful quiet-time activities with the four strands of the New Brunswick Early Learning and Child Care Curriculum Framework: Well-Being, Play and Playfulness, Communication and Literacies, and Diversity and Social Responsibility.

1. Breathing Bubbles in Bubbleberry Field

Framework Link: Well-Being ~ supports self-regulation and mindfulness.

Educator Note: Helps children learn to calm their bodies and manage emotions through imaginative breath play.

2. Star Sprinkle Rest in Sunbeam Hollow

Framework Link: Play and Playfulness + Well-Being.

Educator Note: Uses imaginative play to encourage stillness, comfort, and emotional soothing.

3. Mushroom Shelter Relaxation in Marshmallow Mushroom Meadow

Framework Link: Well-Being + Diversity and Social Responsibility.

Educator Note: Promotes a sense of belonging, safety, and empathy (caring for small creatures, cozy shelter).

4. Sunbeam Stretch and Melt

Framework Link: Well-Being.

Educator Note: Encourages children to notice body movement and rest, building physical awareness and relaxation skills.

5. Listening to the Hollow

Framework Link: Communication and Literacies + Well-Being.

Educator Note: Builds listening skills, imagination, and mindful awareness of sounds, supporting focus and attention.

✨ Note to Educators: These strategies bring the NB Framework to life by fostering well-being, communication, playfulness, and belonging through imaginative quiet-time practices in Bobbleberry Hollow.