Rest time

Yes

No

Help

Stop



I am tired

I am not sleepy



My blanket

Lights down

Quiet please

Stay near



I want a book



I need the bathroom

An optional activity supplement. Keep the person's usual communication system available.
Activity idea and picture credits are on page 2. Retain both pages when sharing this PDF.

Rest time - activity and picture notes

Start with the activity

Open this board while choosing a comfortable resting place. Offer choices about light, sound and nearby objects.

Try another version

Use the board to describe a cozy spot without requiring sleep.

Using the board

Let the communicator choose, comment, refuse or change the plan. These 12 pictures are a small activity vocabulary set, not a complete communication system. Choose a comfortable size and position. The browser version can speak messages using an available device voice.

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