

PROGRAM PROTOCOL: SIESTA

This is a rest time in the intensive programs where students read, write, or sleep. During this time the field station is quiet. Lead staff can reinforce this by wearing costumes to create a visual cue for students of what they can do during Salud.

Sleeping

If students are sleeping, encourage them to use a cot rather than the bench, couch, or floor. Remind them only one student to a cot.

If students want to be woken up at the end of siesta, they should ask another student (prior to siesta) to wake them up when Salud begins.

Roles

One lead staff to communicate and enforce expectations for salud.

Prep

Staff can identify creative ways to reinforce protocol for siesta. These include:

- Referee giving out cards to reinforce sleeping, reading, and writing.
- Wear apparel that reinforces sleeping, reading, and writing.
- Take pictures of students who are sleeping, reading, and writing.
- Peer reinforcement (teamwork) activity.

Activity

- Once Reflection is over, Staff Lead announces that siesta has begun. There is no cue music for this activity.
- Actively walk around to make sure that students are only reading, writing, and sleeping, and are in the shade.

End

- Notify students when siesta ends and salud begins.
- Final walk through to double check that all supplies (cots, books, journals) are put away.