Alla Kozyreva · Takeaway sheet

The Rhythm Card

Feeding, play, rest, repeat — a child's day, translated for an adult one.

The four movements

Wake and light. Same hour, seven days. The body reads light before it reads a clock.
Feeding. At your strongest digestion, not at your first free moment.
Play. Something that uses the hands, not just the eyes.
Rest, then the descent. The evening begins at four, not at nine.

What children do that we do not

They stop eating when they are done. They do not finish the plate to be polite.
They sleep when tired, not when the day is finished.
They move between activity and rest several times a day rather than once.

Try this week

Fix one hour: the wake hour. Everything else can drift while that one holds.
Move one meal to the middle of the day and make it the good one.
Put a hard ending on the day. A time after which you are not working, not scrolling, not deciding.

From episode 02, The Nap-Time Philosophy.