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| **Cool Down Time Is...** | **Cool Down Time Isn’t...**  |
| A chance to relax and refocus after play | More playing time |
| Colouring, writing, reading, drawing, brain puzzles, crochet | Mucking about, wasting time, disturbing others |
| A chance to do a quiet activity | Free time playing games |
| Individual time | Time with friends |
| Silent | Talking/noisy |
| Sitting | Moving around |
| Short | Long |
| Soothing | Messy |

MargD