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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