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| “**Alternate between active and quiet activities**” (PCF, Vol. 1, p. 50). |
| **Group Reflection Questions** | **Group Discussion** |
| 1. Does your schedule alternate between active and quiet activities?
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| 1. Are their changes that need to be made to your schedule to allow for alternating between active and quiet activities?
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| 1. Is your classroom heavier in one type of activity? Do you need to add or change some activities to create balance?
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| 1. Do you have continuous background noise in the classroom?
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| 1. If you have music playing in the classroom, is it for a specific purpose, or is it background noise that could be eliminated?
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