

A red speech bubble with a white outline and a small tail pointing downwards. The bubble is centered on a white background with faint, light gray concentric circles and dashed lines. The text 'PASSIVE REST' is written in white, uppercase, sans-serif font inside the bubble.

PASSIVE REST

Passive Rest- it is the rest in which physical and mental activity should be minimized.







Advantages of Development



During passive rest, concentration of attention, any knowledge or skills are not







Free Time



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Restoration









Conclusion:





**Thank you for
your attention!**