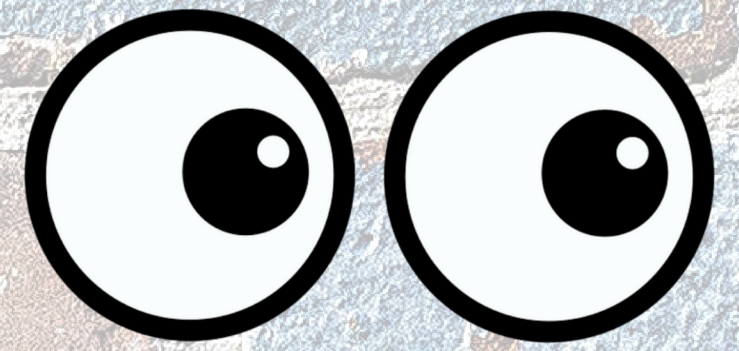


CALM YOUR MIND

Take a deep breath, and then name

5

THINGS YOU SEE



4

THINGS YOU FEEL



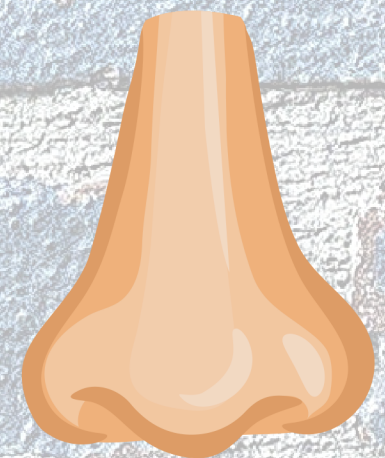
3

THINGS YOU HEAR



2

THINGS YOU SMELL



1

THING YOU TASTE

