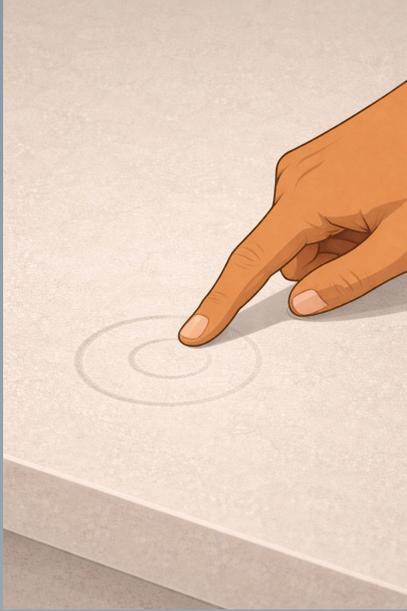
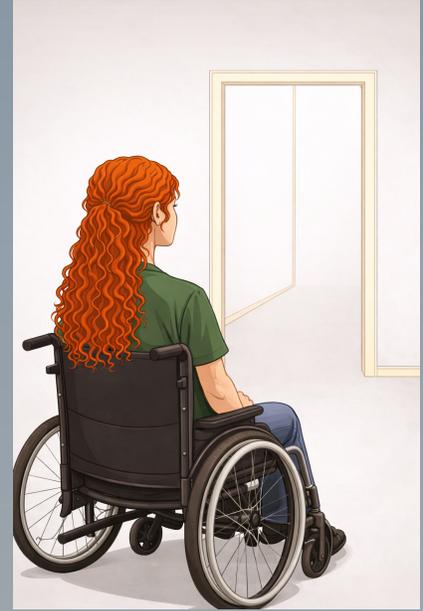


Quiet Focus



Trace a Simple Shape

Use your finger to slowly trace a simple shape or outline on a surface.



Follow a Line or Edge

Let your eyes follow a straight or curved line, edge, or boundary nearby.



Identify One Colour

Notice one colour in your surroundings and allow your attention to rest there briefly.



Listen for One Sound

Focus on a single, steady sound for a short period without analyzing it.