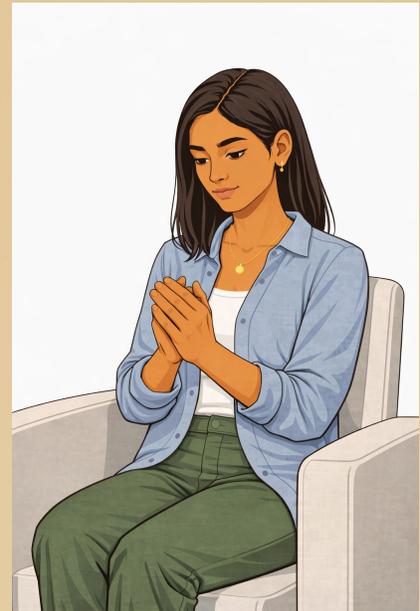


Sensory Calm



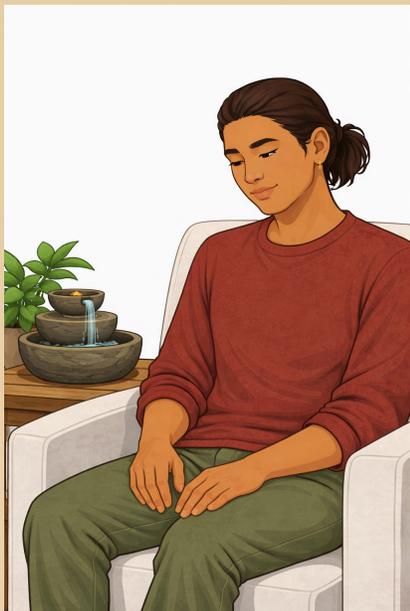
Texture Contact

Touch a textured surface or object and notice the physical sensation.



Hand Warmth

Warm your hands by rubbing them together or holding a warm surface.



Gentle Sound Source

Produce or listen to a soft, steady sound at a comfortable volume.



Temperature Contrast

Hold or touch something slightly warm or cool and notice the difference.