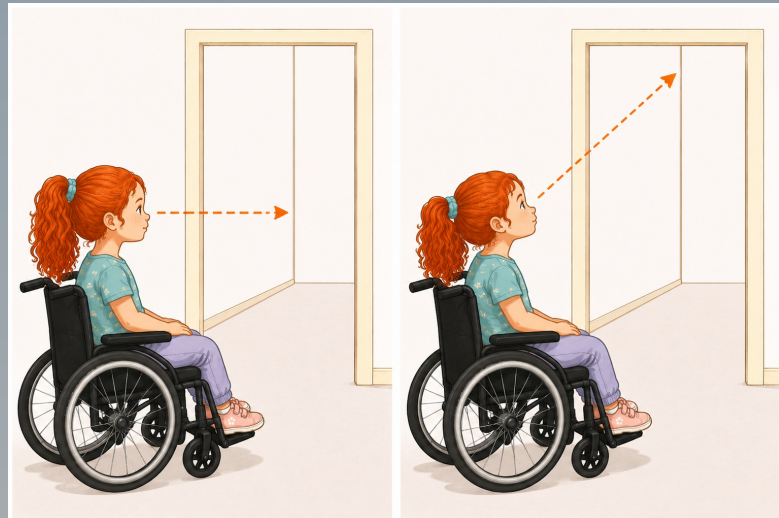


Quiet Focus



Trace With Your Finger

Find a simple shape. Slowly move your finger around it.



Follow With Your Eyes

Find a line nearby. Slowly follow it with your eyes.



Look at One Colour

Choose a colour you can see. Look at it for a little while.



Listen to One Sound

Choose one sound you can hear. Listen to it for a little while.