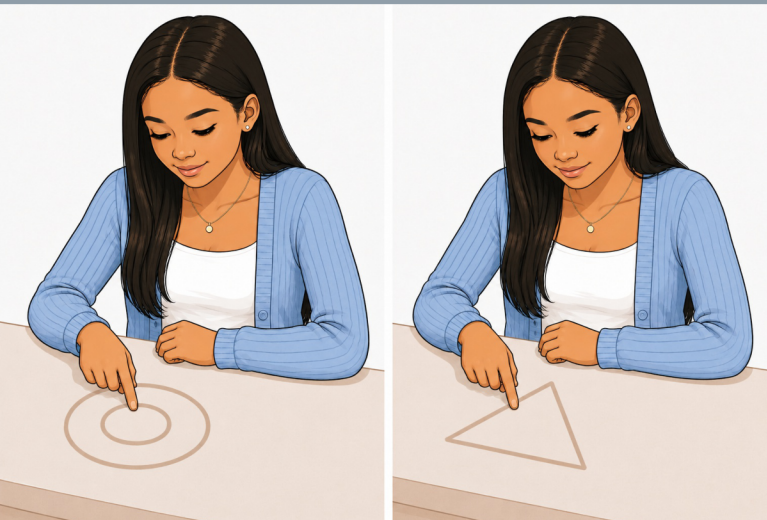
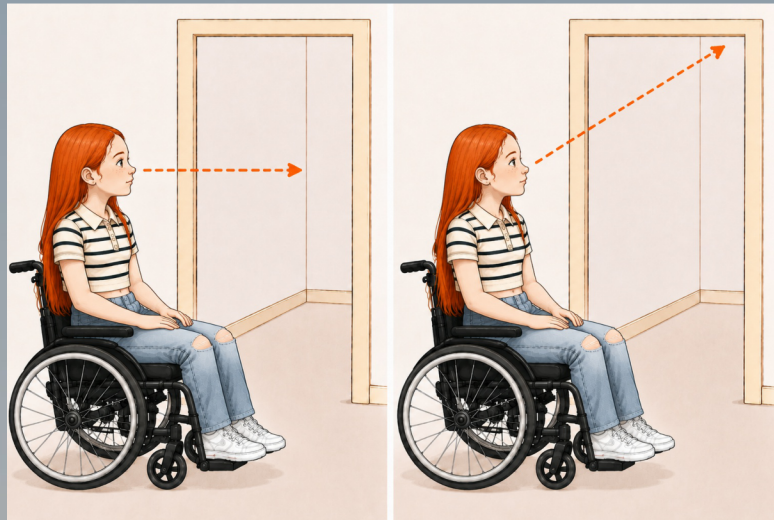


Quiet Focus



Trace a Simple Shape

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



Follow a Line or Edge

Choose a line or edge nearby and slowly follow it with your eyes.



Focus on One Colour

Choose one colour around you and let your attention stay there for a short time.



Listen to One Sound

Choose one steady sound and focus on it for a short time without trying to figure it out.