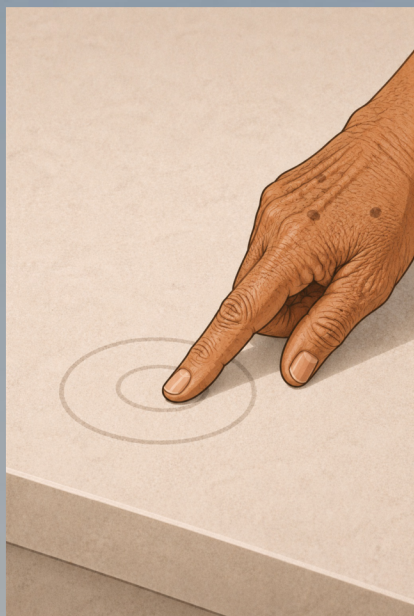
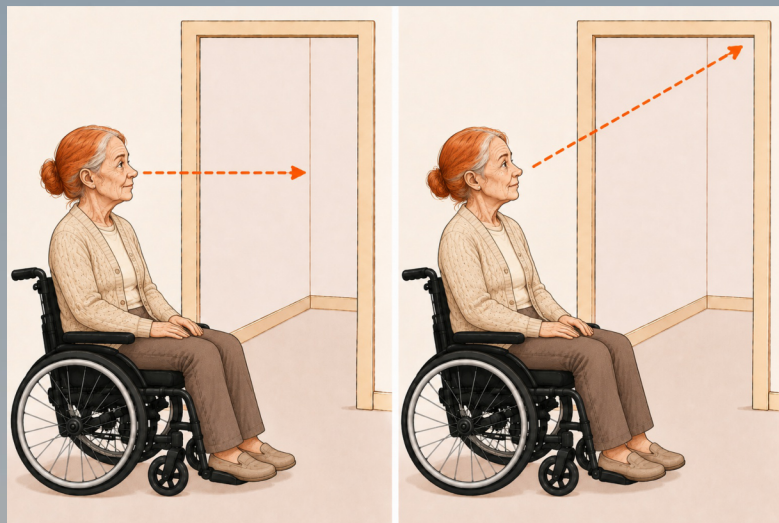


Quiet Focus



Trace a Simple Shape

Use your finger to slowly trace the edge of a simple shape or object.



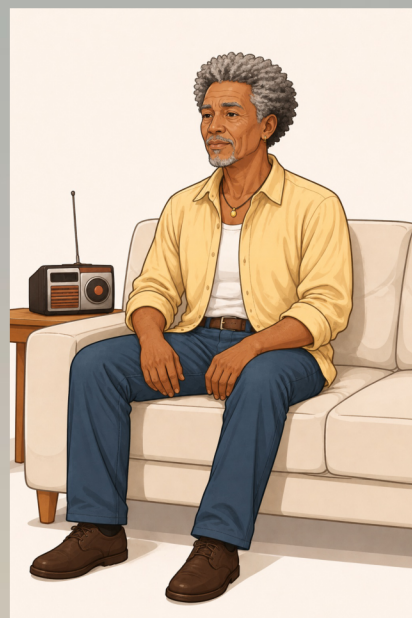
Follow a Line or Edge

Choose a line or edge nearby and slowly follow it with your eyes from one end to the other.



Notice One Colour

Choose one colour in your surroundings and let your attention rest on it for a short time.



Listen for One Sound

Choose one steady sound nearby and listen to it for a short time without needing to think about or identify it.