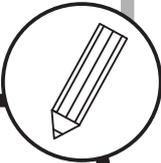


# Take a Minute!

Sometime we can get lost in our thoughts or worries. Take a moment to really concentrate and write about what is happening around you. This can help you feel nice and relaxed!



**What can I hear?**

Machines? Birds? Wind? People? Music? Traffic?  
Breathing? The sound of your clothes?

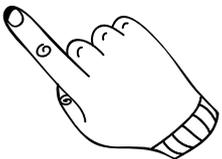
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**What can I smell?**

Your clothes? The room? Food? Flowers?  
Outdoors? Indoors?

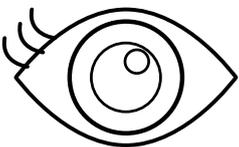
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**What can I feel?**

Are you hot or cold? Are your feet touching the  
ground? Any pains? What do your hands feel like?

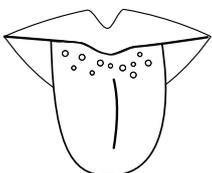
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**What can I see?**

What do you see when you open or close them? Is it  
sunny? What colours are around you? Where are you?

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**What can I taste?**

Any food? Sweet or savoury? Are you thirsty?  
Can you feel your tongue touch your teeth?

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