New You

Think of something that you do now that you did not like to do or avoided in the past.

What changed ?

How do you know?

Are you breathing? How do you know? What sensations of breathing do you feel in different parts of your body?

Brain Tickle

Place your index finger to your forehead. Notice all the sensations in your finger and forehead- temperature, texture, moisture….. what else?

Minds Eye

Study the scene around you and memorize what everything looks like. Close your eyes and visualize the scene. Open your eyes- how close were you were you?

Rainbow Connections

Gaze around the room…

Can you spot one of every colour of the rainbow?

C.A.L.M Feelings

Notice sensations, or emotions right now in your …..

**C**hest **A**rms **L**egs **M**ind