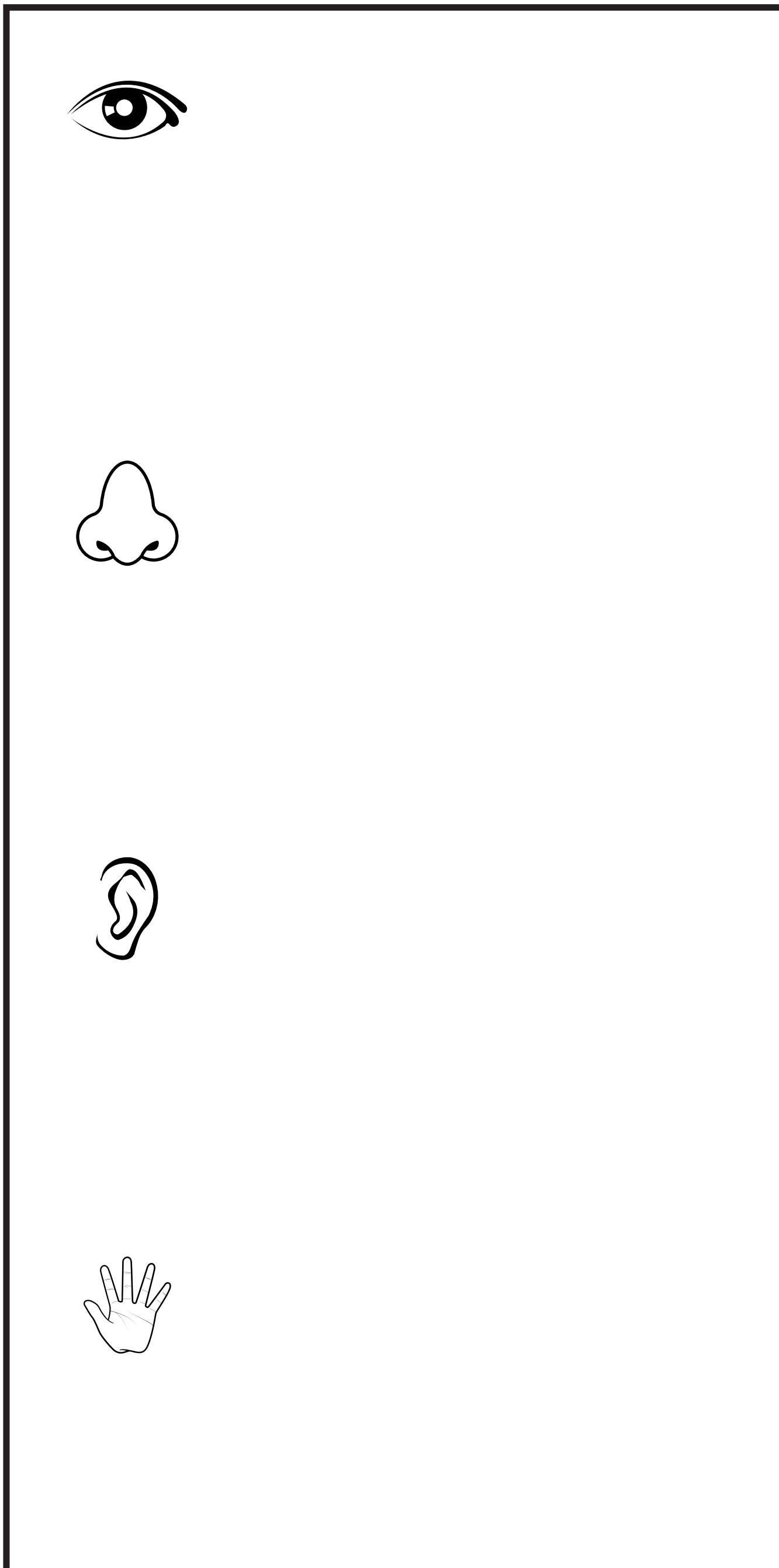


MINDFUL MOMENTS

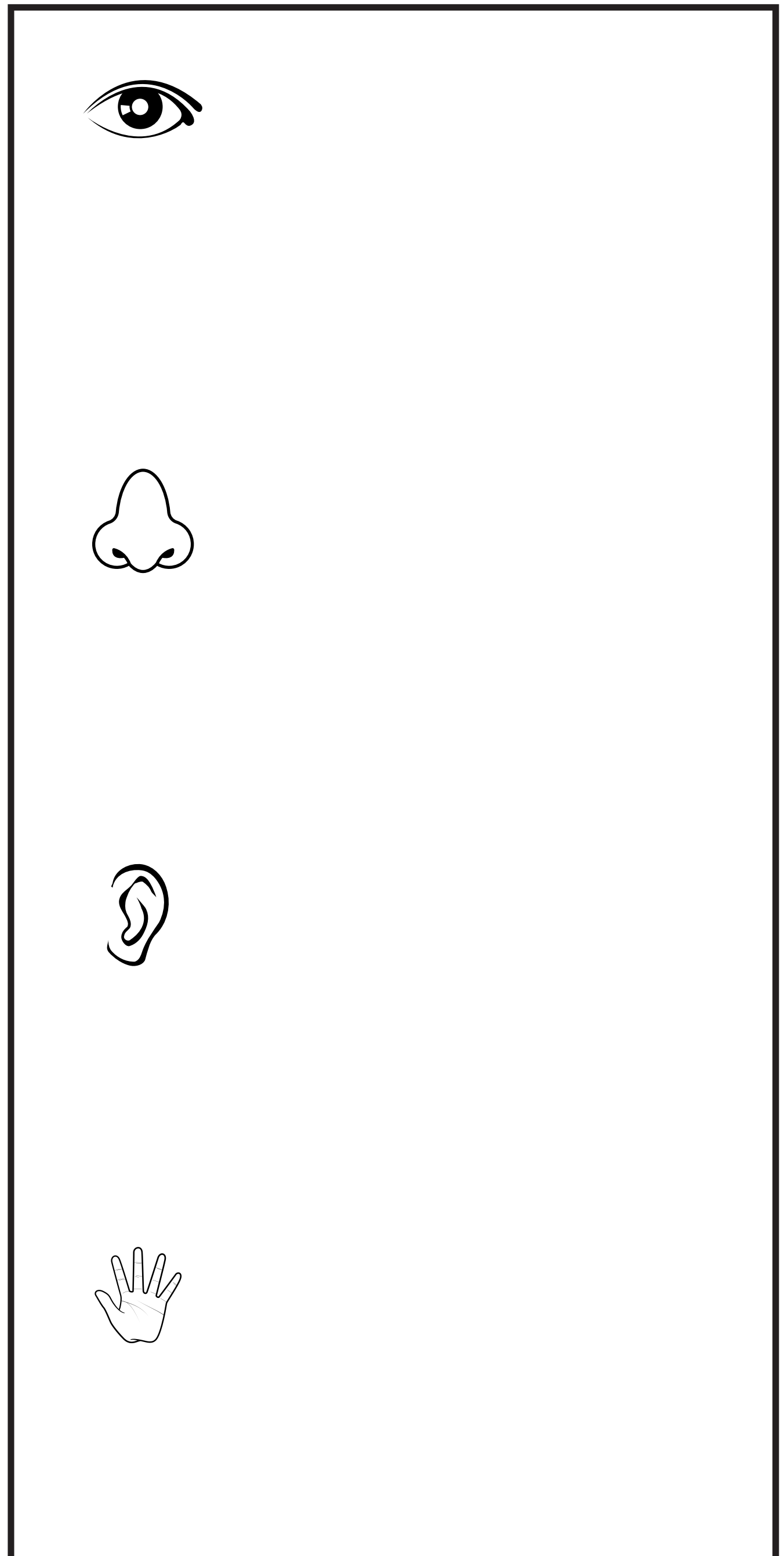
Focus on the room around you. Focus on each of your senses to explore and describe each. Pick a different room and try the activity again. What was the biggest difference?

Room:



This box is designed for a mindfulness exercise. It contains four simple line-art icons arranged vertically from top to bottom: an eye, a nose, an ear, and a hand. These icons are intended to guide the user's focus to their respective senses while observing their current room.

Room:



This box is identical to the one on the left, containing four simple line-art icons arranged vertically from top to bottom: an eye, a nose, an ear, and a hand. It is intended for a second mindfulness exercise in a different room.