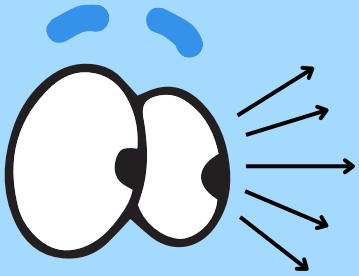
Feeling overwhelmed?

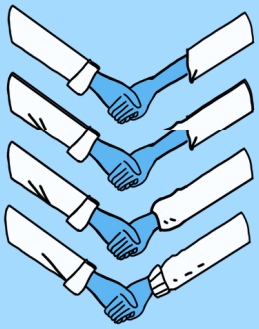
Take a mindful moment to check in with your senses!

5



Name 5 things you can see

4



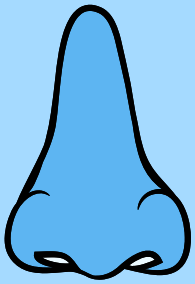
Name 4 things you can touch

3



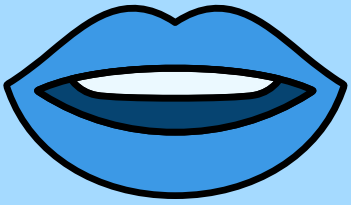
Name 3 things you can hear

2



Name 2 things you can smell

1



Name 1 thing you can taste

komodo