

	<p>6</p>	<p>7</p>	
<p>5</p>	<p>Notice a sound. What thoughts come to mind? Let them pass.</p>	<p>Pretend you have a lemon, move it toward your mouth. Notice your mouth salivate.</p>	<p>8</p>
<p>4</p>	<p>Take steps barefoot. How does it make your feet feel?</p>	<p>Hum your favorite song. How does it make you feel?</p>	<p>Run, jump, dance, or wave your arms. How does it make your body feel?</p>
	<p>3</p>	<p>2</p>	
<p>1</p>	<p>Look around & find your favorite color. Why is it your favorite?</p>	<p>Stop and smell the roses or anything in your path.</p>	<p>1</p>
<p>2</p>	<p>Spend 1 minute looking around. Find something new.</p>	<p>3</p>	<p>4</p>