

# CALMING WITH MY SENSES

What are ...



5 things I can see?



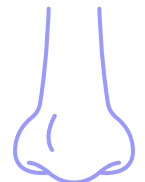
4 things I can touch?



3 things I can hear?



2 things I can smell?



1 thing I can taste?



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