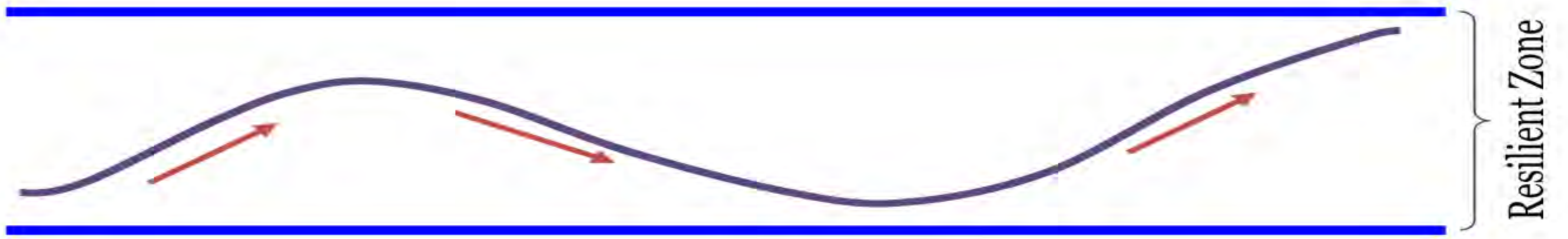


Help Now!



Drink a glass of water



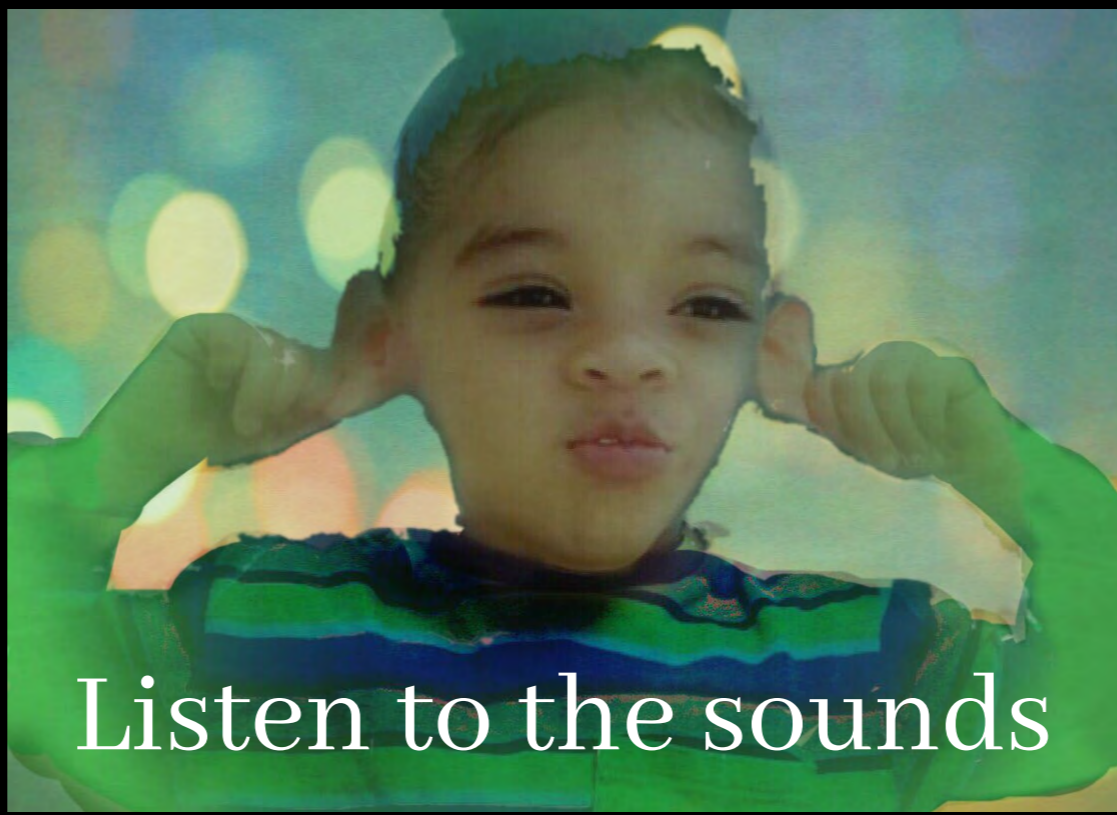
Count backwards from 20



Go for a walk



Listen to the sounds



Name six colors you see



Push against a wall



Notice your surroundings



Notice the temperature



Touch the furniture



Touch something in nature

