

# IMAGINE YOU ARE A SUPER HERO!

This activity will help you pause and focus on what's happening right now, a great way to clear your head of worries and help you feel calmer.  
Sit somewhere comfy, on a chair or on the floor.

## TURN-ON YOUR “SUPER SENSES” AND FOCUS ON THE WORLD AROUND YOU

Start by finding...

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

