

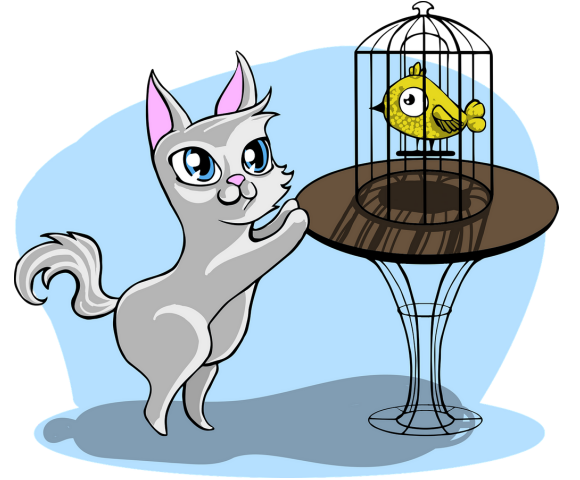
5 4 3 2 1

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Name...

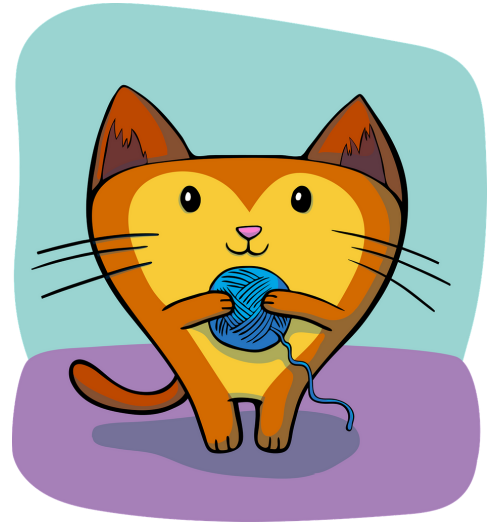
5

things that you can SEE



4

things that you can FEEL  
(or TOUCH)



3

things that you can HEAR



2

things that you can SMELL



1

that you can TASTE

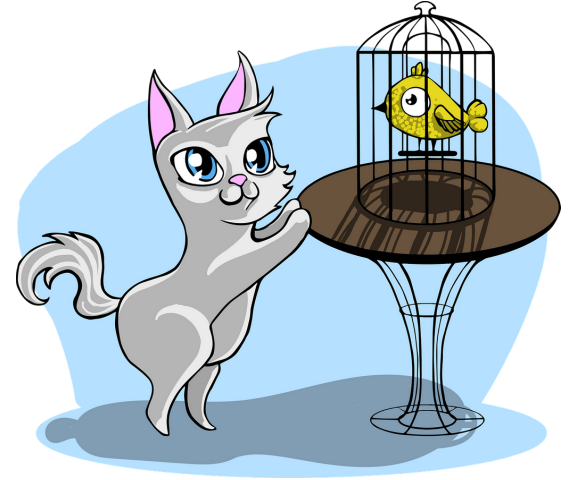


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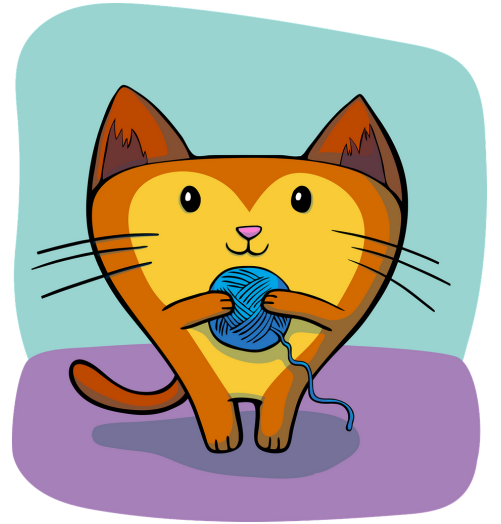
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Name...

5 things that you can SEE



4 things that you can FEEL  
(or TOUCH)



3 things that you can HEAR



2 things that you can SMELL



1 GOOD thing about  
YOURSELF



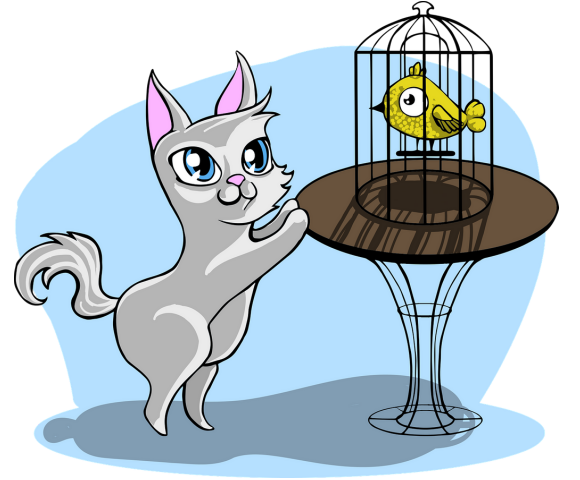
5 4 3 2 1

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Name...

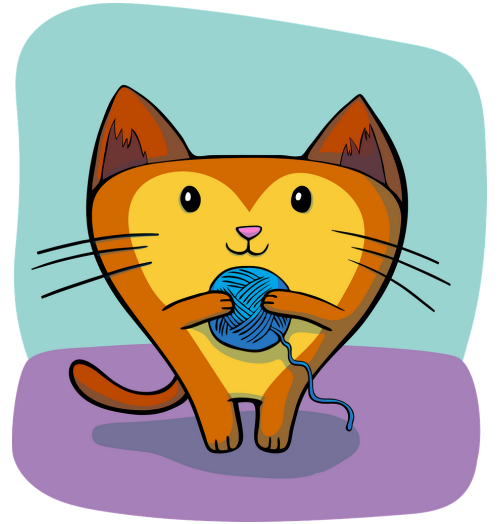
5

things that you can SEE



4

things that you can FEEL  
(or TOUCH)



3

things that you can HEAR



2

things that you can SMELL



1

GOOD thing about  
YOURSELF

