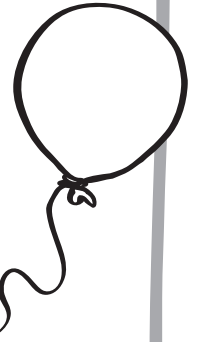


MY CARE



BOX



Think of a memory

- 1** Think of a memory that gives you comfort.
- 2** Write and/or draw about the memory in the palm of the hand.
- 3** Explore the memory by focusing on the senses and write the senses in each of the fingers - write what you can hear, smell, taste, see and touch as part of the memory.
- 4** Once you have done this, you can trace the hand with your finger, breathing in as you trace up one side of the finger/thumb and out down the other side. As you do this, focus on the senses that you have written down.

