

Can you tell something about yourself that no one knows? Can you tell it to someone?

Think about a time when you were scared or afraid. Would you react differently now? Why?

Ask someone how they are doing. Listen to them attentively.

Think about someone close to you. What do you appreciate about them.

Give someone a compliment.

Find a quiet place. Sit down. Relax.

Move away from the loudest sound you can hear.

Try to uncover the sound of an animal around you.