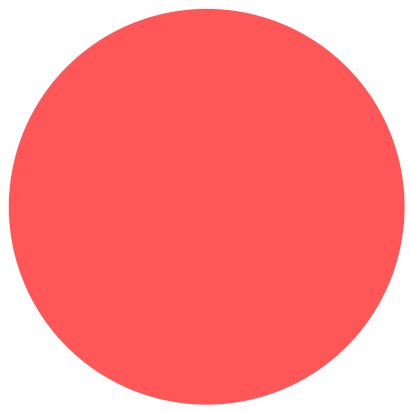
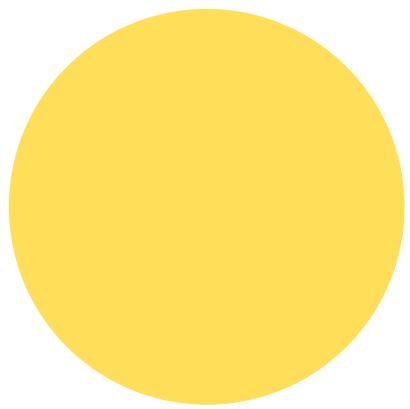


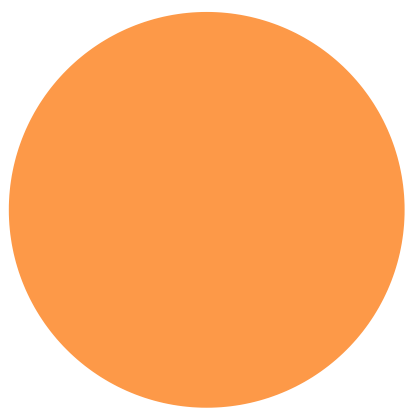
Open your bag of candy and think of a pleasant or calm memory you want to explore. When you pull out a piece of candy, practice scanning your awareness and answer the prompt that corresponds to the color. Keep scanning for as many as you want to eat!



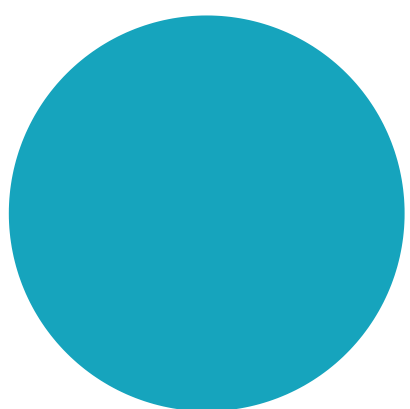
Something your body senses



An image or picture you notice



Something you feel or an emotion



A thought you notice