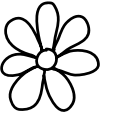
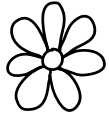


ICE BREAKER



One of the best remedies for anxiety is being in nature
Take a walk outside, being aware of everything around you.
Write down three things you see, feel, and hear.

1. I see:

2. I Feel:

3. I hear:

