

Calming Phone Image

Materials:

- Your own personal cellular phone with internet access

Sit comfortably in a place where you can focus your attention on your experience.

Where did you sit?

Think about what types of places you have been in or would like to travel to that might help you feel relaxed and calm. List five locations:

1. _____
2. _____
3. _____
4. _____
5. _____

Star your top two locations that you find most relaxing.

Write down two images that come to mind for each of the locations you selected above.

- 1a. _____
- 1b. _____
- 2a. _____
- 2b. _____

Circle one image that you would most like to have as a screen saver or wallpaper on your phone.

Search online for an image that you can save to your cell phone that best fits the description of your calming image. Save the best image on your phone and describe it briefly here:
