

THE MONSTER IN THE MIRROR

Written and Directed
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DON'T SHOW THEM WHO YOU
REALLY ARE

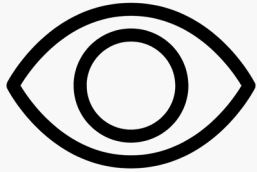


Activity 1

5-4-3-2-1

Grounding Exercise

Try practicing the simple steps below:



List five things you can **see** around you.

List four things you can **feel** around you.



List three things you can **hear** around you.

List two things you can **smell** around you.



List one of your favourite **tastes**.