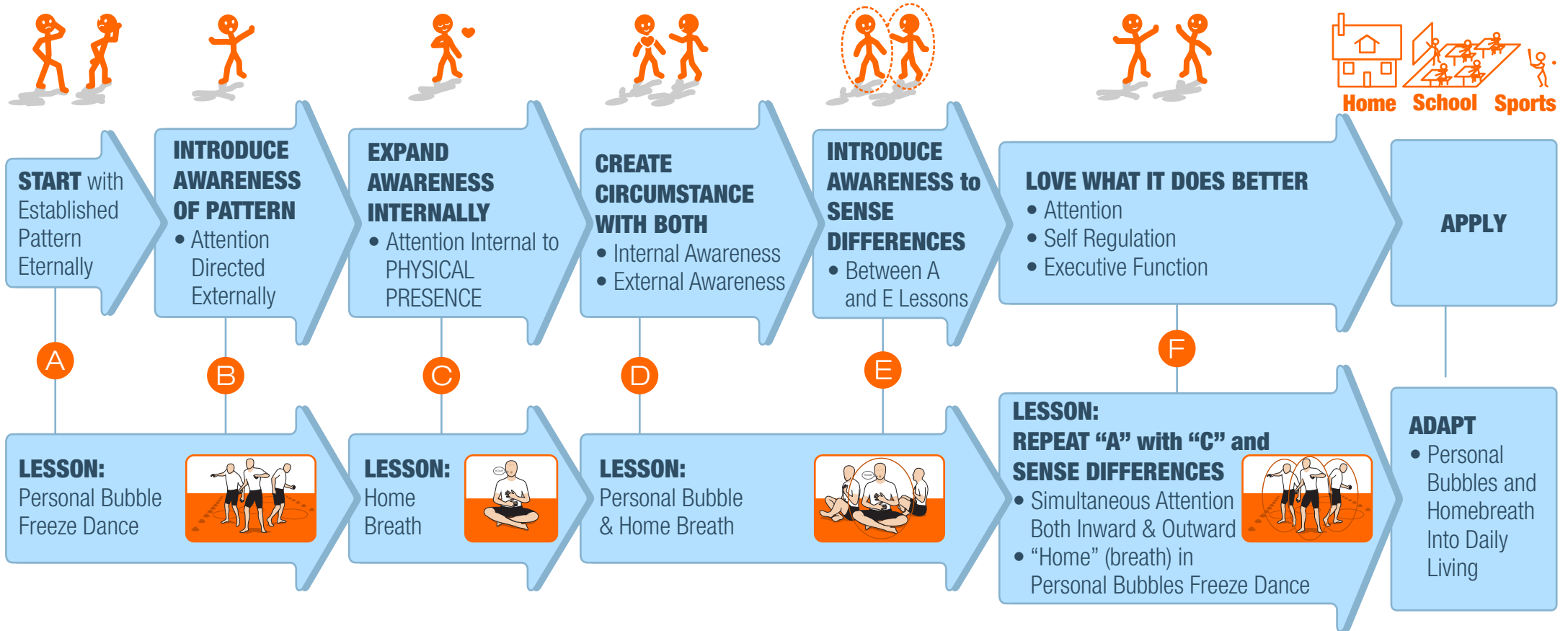


How To Learn Sensory Self Awareness



START with Established Pattern Eternally

INTRODUCE AWARENESS OF PATTERN

- Attention Directed Externally

EXPAND AWARENESS INTERNALLY

- Attention Internal to PHYSICAL PRESENCE

CREATE CIRCUMSTANCE WITH BOTH

- Internal Awareness
- External Awareness

INTRODUCE AWARENESS to SENSE DIFFERENCES

- Between A and E Lessons

LOVE WHAT IT DOES BETTER

- Attention
- Self Regulation
- Executive Function

APPLY

LESSON: Personal Bubble Freeze Dance

LESSON: Home Breath

LESSON: Personal Bubble & Home Breath

LESSON: REPEAT "A" with "C" and SENSE DIFFERENCES

- Simultaneous Attention Both Inward & Outward
- "Home" (breath) in Personal Bubbles Freeze Dance

ADAPT

- Personal Bubbles and Homebreath Into Daily Living

