

2

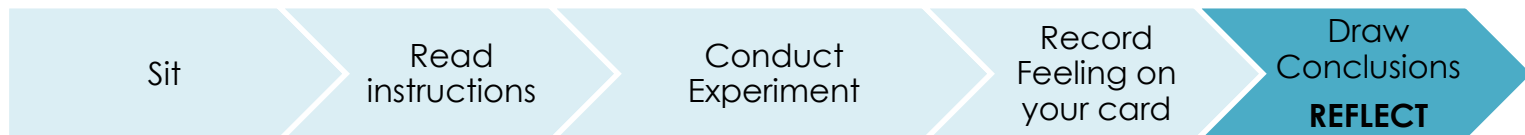
Sensory Overload Visual



ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

Working in an environment with visual discomfort



Instructions

<input type="checkbox"/>	Step 1	Sit positioned with a lamp in front of you
<input type="checkbox"/>	Step 2	Select a sheet or book (FIND A PICTURE) and place it on the mirror
<input type="checkbox"/>	Step 3	Try to Find Wally
<input type="checkbox"/>	Step 4	If you find Wally – get another sheet. See how many you can find
<input type="checkbox"/>	Step 5	How did you FEEL? Circle the emoji (on your card)
	Reflect	

