

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

Sit	Read Conduct Feeling on your card REFLECT Record Draw Conclusions Feeling on your card REFLECT
	Instructions
Step 1	Sit positioned with a lamp in front of you
Step 2	Select a sheet or book (FIND A PICTURE) and place it on the mirror
Step 3	Try to Find Wally
Step 4	If you find Wally – get another sheet. See how many you can find
Step 5	How did you FEEL? Circle the emoji (on your card)

Leave the instruction sheet

Collect any work you have done When instructed move to the next station

Wait to be told to move

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Well done