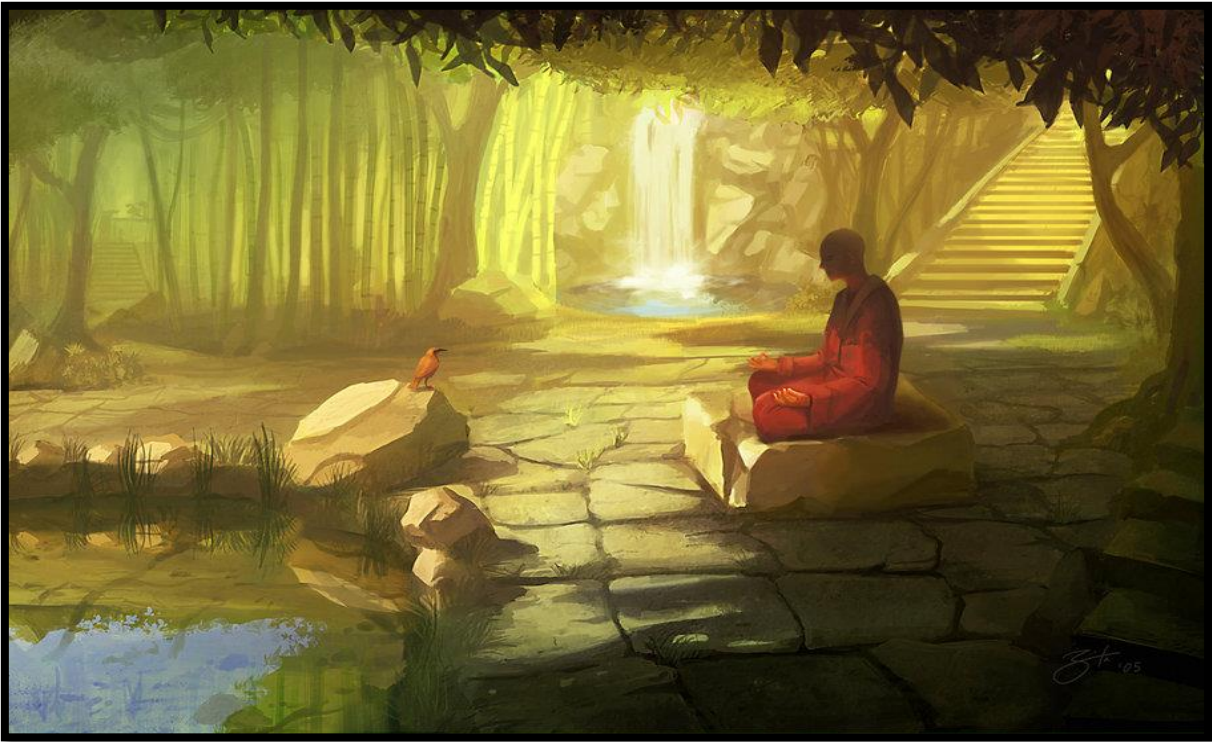


MEDITATION



- *Where is this?*
- *Describe the setting. What can you see, hear, feel and smell?*
- *How does this setting make you feel?*
- *What is the person doing? Why?*
- *Who is it?*
- *Why did they choose to meditate here?*
- *What is meditation?*
- *Why do people meditate?*
- *What do you do to help you feel calm?*
- *Where do you feel the calmest?*
- *Are you good at recognising and managing your emotions? What are you good at and what do you struggle with?*