

# We are **Resilient** and **Regulated** Learners

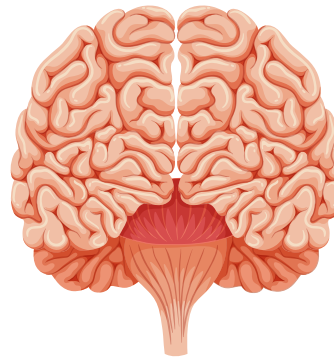
## BREATHE

Inhale, hold, exhale, hold. What do you smell?



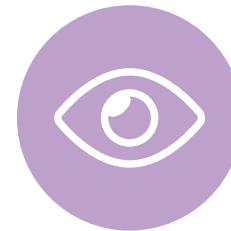
## TASTE

What can you taste?



## LOOK

What do you see?



## TOUCH

What do you feel?



## LISTEN

What do you hear?

