

### STARTERS

- Place you like
- Nature scene
- Comfort food/drink
- Cosy object
- Pleasant memory
- Daily routine
- Imagined calm scene

### FOLLOW-ONS

- What do you see?
- Any colours?
- What do you hear?
- Warm or cool?
- Smooth or soft?
- Near or far?
- Anything else?

*Short Prompt • Engaging • Sensory*