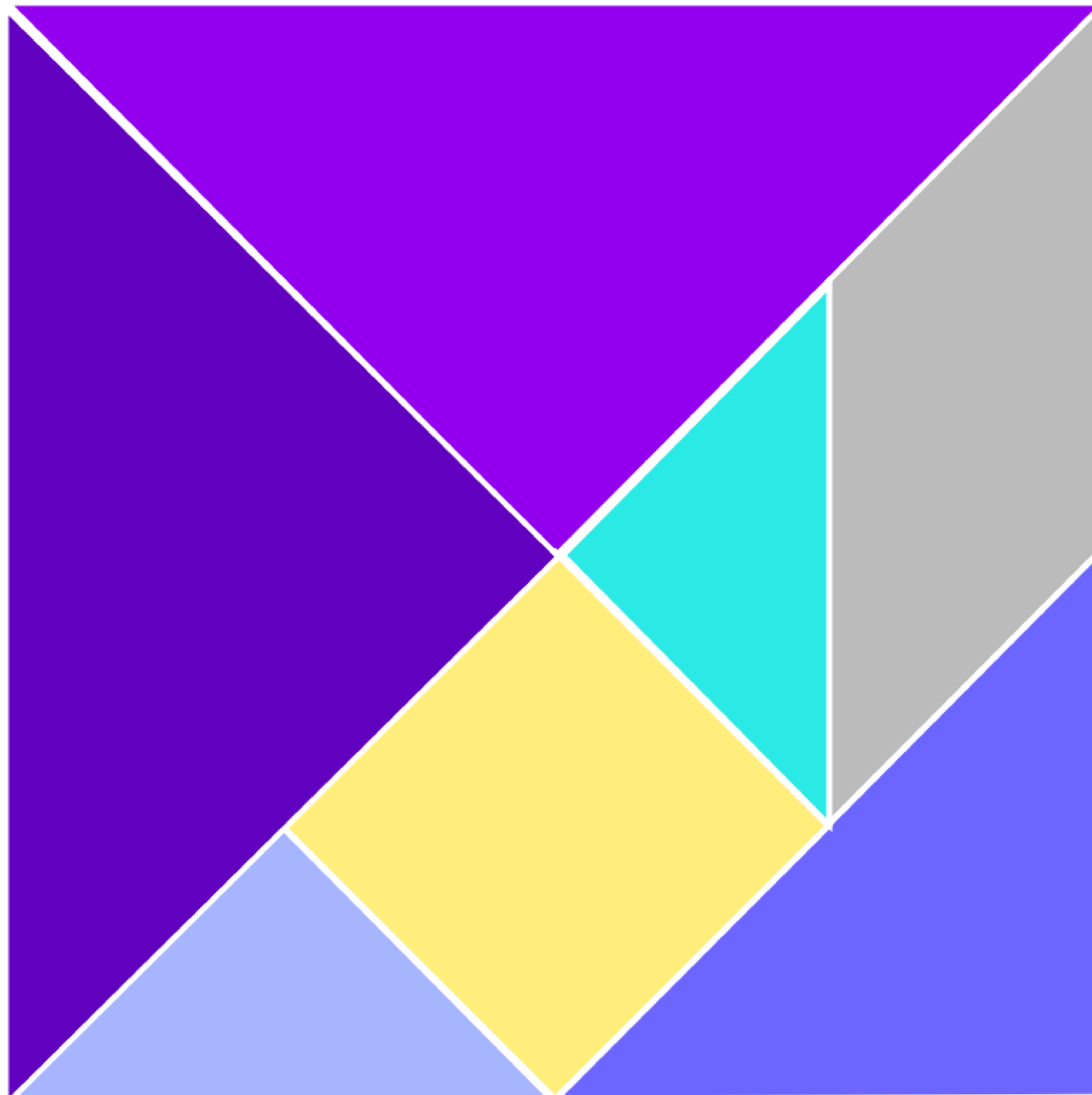




MINDFUL SEEING TANGRAM

A Tangram is a puzzle from ancient Greece consisting of 7 flat shapes which can be cut out and rearranged to create new shapes. Cut out the shapes below. Use your prefrontal cortex (PFC) to focus your attention and try to rearrange the cut outs into the shapes on the next page.

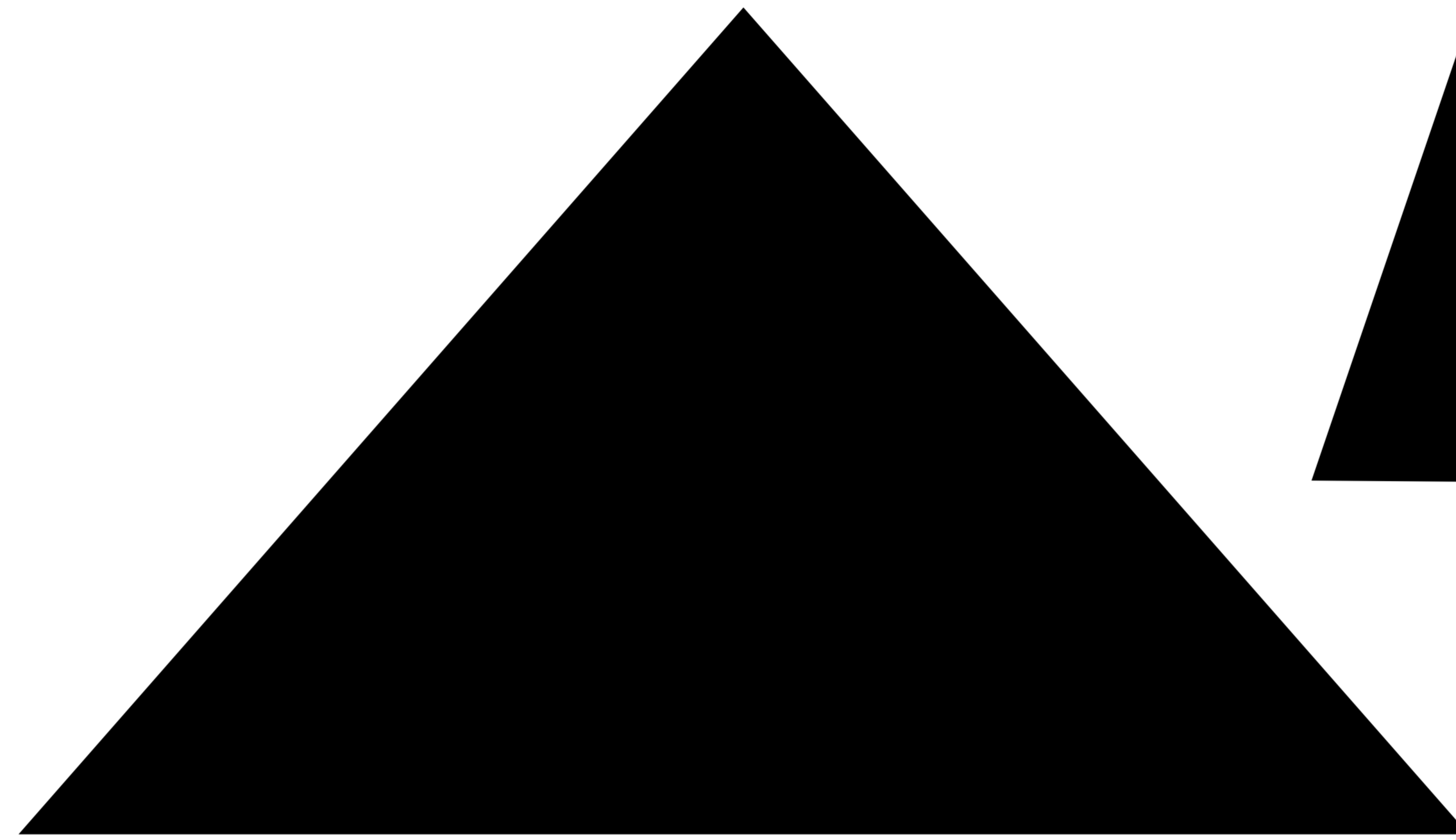


Can you make...

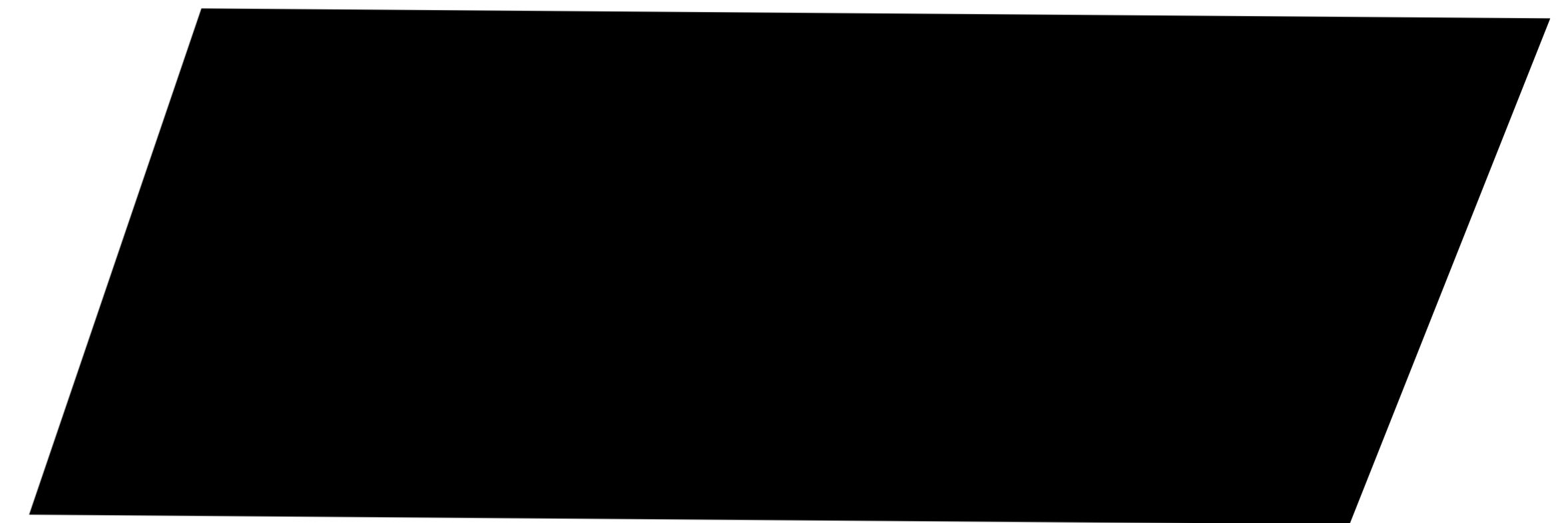
A rectangle using 3 pieces



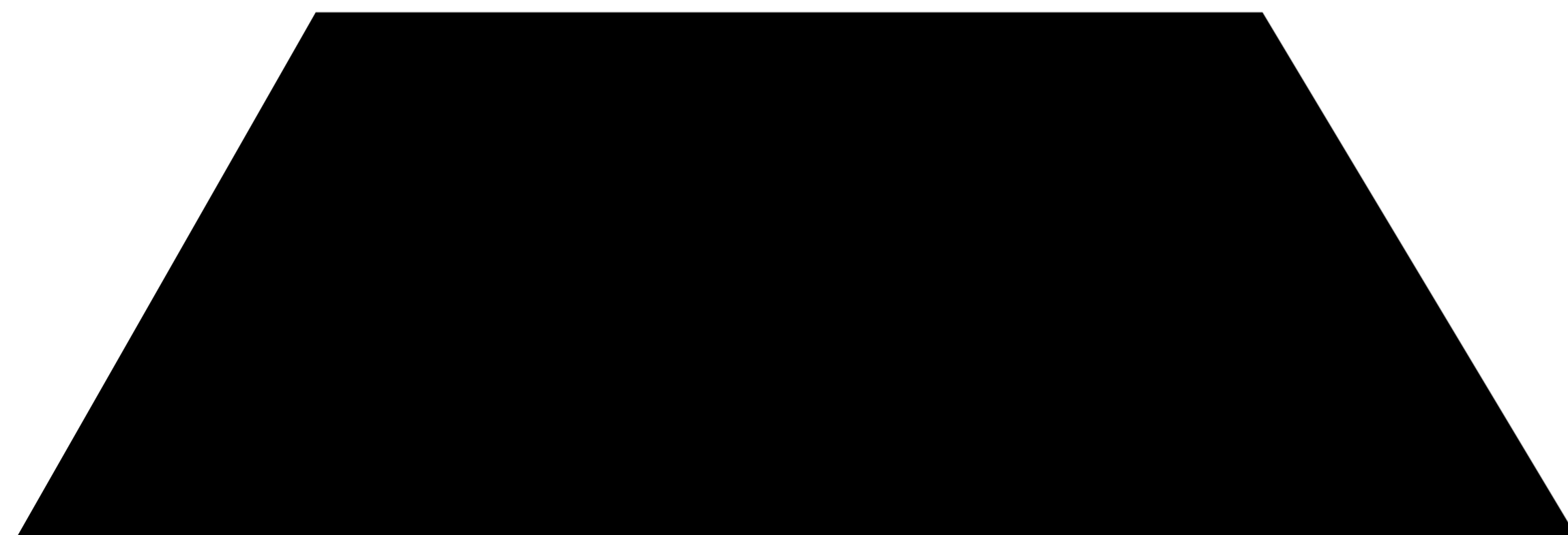
A triangle using 3 pieces



A parallelogram using 4 pieces



A trapezium using 3 pieces



CHALLENGE!

