

## HOW TO SAVE TIME – An instruction manual

1.

Find:  
1 ice cube  
of approx.  
2.5cmx2.5cm.

2.

(optional)  
Find:  
1 rubber band  
of approx.  
5cm diameter.

3.

Lie down as you  
set a timer for  
20 min.

4.

Place the rubber band on your  
forehead and the ice cube inside of  
the rubber band.

5.

Close your eyes and  
breath normally whilst  
the cube melts.

6.

Wait until the  
timer buzzes.



7.

If there is still ice remaining, quickly  
put it back in the freezer

and  
*save this time for later.*