

## **MOVEMENT SCORE**

READ THE FOLLOWING INSTRUCTIONS BEFOREHAND SO YOU DON'T NEED TO LOOK AT IT DURING THE PROCESS. SET A TIMER FOR 15min, WHEN YOU HEAR THE ALARM, THIS IS GOING TO BE A SIGN TO FIND THE END FOR WHAT YOU ARE DOING.

SCORE IS:

**WAIT FOR IT TO START.**  
**FIND OUT WHAT IT IS.**  
**WAIT FOR IT TO END.**

AFTER YOU FINISH, START WRITING FOR 5 minutes TO REFLECT ON HOW YOU PERCEIVE THE TIME PASSING.