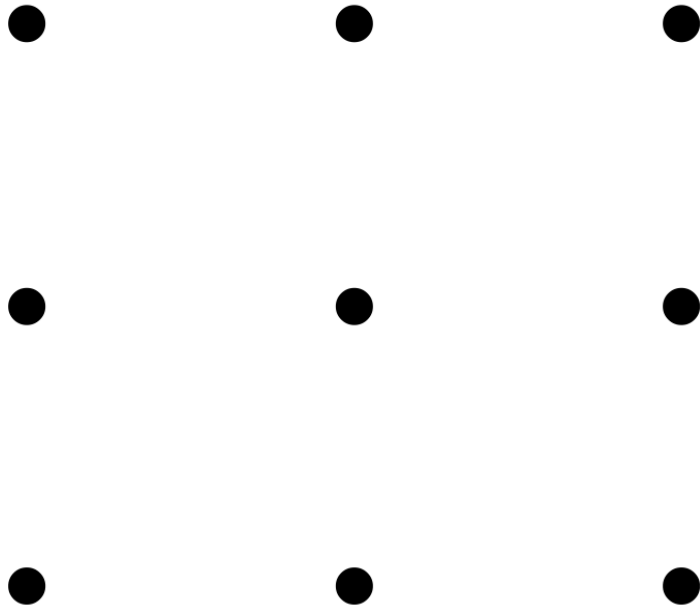


9 Dots Puzzle



Instructions

1. On a piece of paper, draw 9 dots as you see to the left.
2. Place your pen or pencil on the paper and try to connect all 9 dots with 4 straight lines without lifting the pen or pencil off of the paper. You may need multiple tries.
3. Allow no more than 10 - 15 minutes for this exercise. Stop if you feel overwhelmed.
4. Notice how you are thinking and feeling as you work through it.

