

**Listen  
to loud  
music**



**Listen to  
loud music  
through headphones**



**Eat a  
sandwich**



**Eat strong  
smelling  
food**



**Dance**



**Carry out  
acts of  
violence against  
someone else**



**Have  
a phone  
conversation**



**Read  
a book**



**BOUNCE A BALL  
AGAINST THE WALLS**



**PRAY**

