

A Simple Guide.

A Simple Meal.

Gather 1.5 cups of frozen mixed vegetables, a quarter of a tablespoon of butter, as well as garlic salt and pepper.

Put all ingredients together in a microwavable bowl, the garlic salt and pepper should be added based on personal preference.

Microwave until the vegetables are no longer frozen, but now hot. Usually 2 minutes and thirty seconds.

Eat with a spoon.

A Simple Game.

This game can only be played in settings with a large amount of people, most of which do not each other, and do not know you.

However, within this large group of mostly strangers. They must want to get to know you.

Introduce yourself. Give them a name, one that is not your own, preferably something phonetically close.

Engage in small talk.

When you are finished, leave.

You will probably never meet this person again.

No harm was done.

A Simple Drawing.

Gather an 8.5 by 11 inch piece of paper, and a drawing uten sil of your choice.

Orient the paper landscape.

In the top left corner, draw a circle in which two third of this circle will go off the page. The center of this circle should align with the corner of the page. The outside line of this circle should be be two inches from the center point, or the corner of the page.

About half a centimeter from the outside of this partial circle shape. Draw five lines, an inch in length outward from the circle shape.

A Simple Walk.

Begin standing a room. Feet together.

Hands behind your back.

Take a step with your left foot. The length of your steps, should be about your foot size, meaning with each step, the edge heel of your foot should almost align with the tip of your foot. Now take a step with your right foot to meet the left one.

Meaning your feet should now be side to side.

With the right foot, take a step backwards. Meet this foot with your left.

Take a step back with your left foot. Meet it with your right.

Repeat.

A Simple Dance

Make sure a song is playing.

This can be any song.

Walk to where you will get the most attention in the room.

Start with your feet together . Arms at your side.

Stay.

Do not move until the song is over.