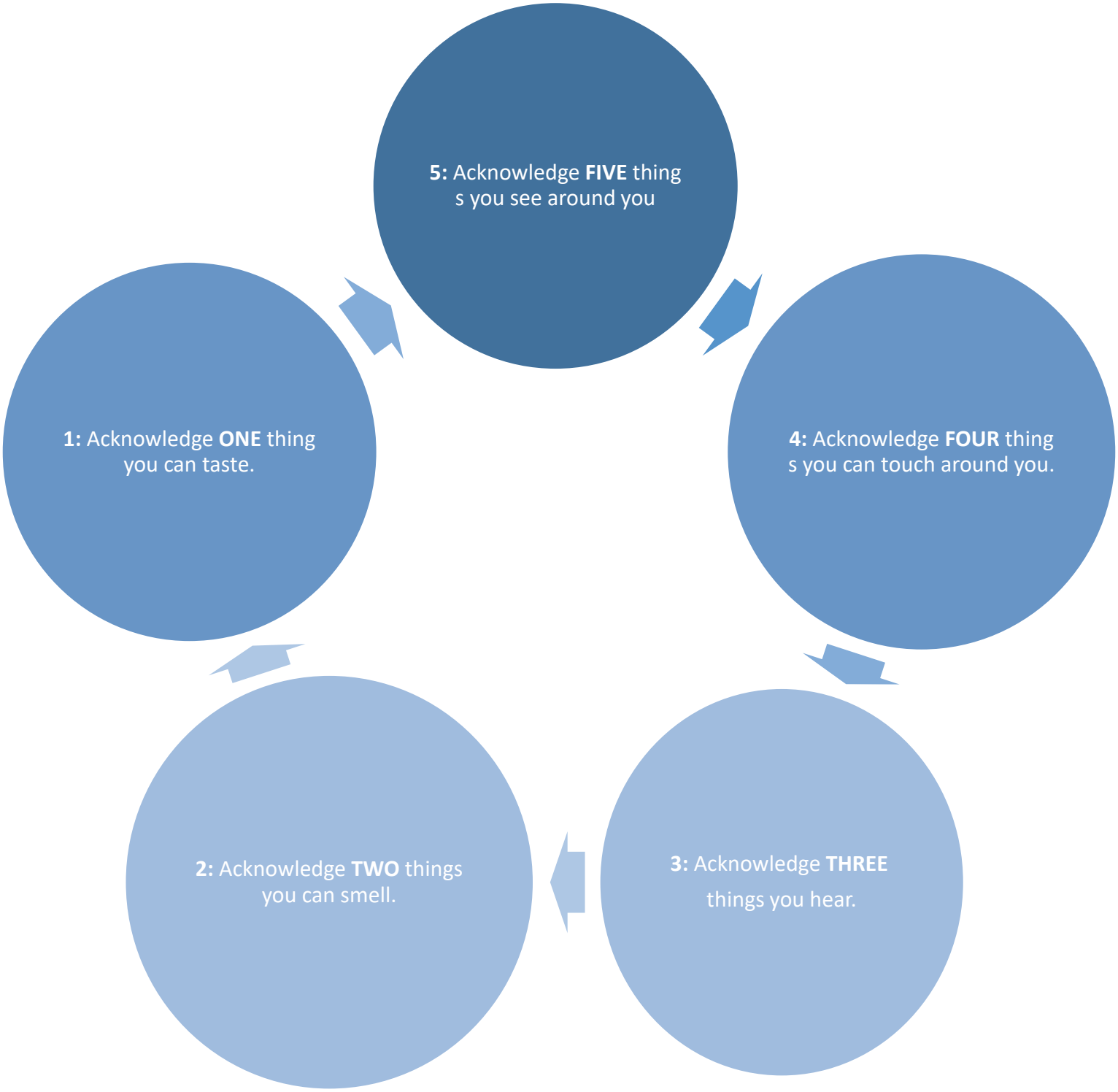
5: Acknowledge **FIVE** thing s you see around you
4: Acknowledge **FOUR** thing s you can touch around you.
3: Acknowledge **THREE** things you hear.
2: Acknowledge **TWO** things you can smell.
1: Acknowledge **ONE** thing you can taste.