

# Heads Down Thumbs Up

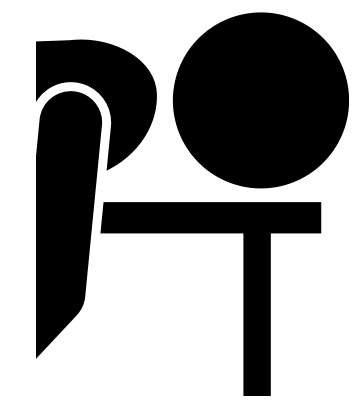
**1. Sit at your desk.**



**2. Close your eyes.**



**3. Put your head on your desk.**



**4. Put both of your thumbs up.**

