Senior Forum

Name: ____________________________________________

Team Letter: _______
the process

**PEG** QUANTUM READING PROCESS NOTES FOR ME

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**ABCs**
Physical Space

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**Sit Up**
Deep Breath
Close Eyes
Peaceful Place
Look Up – Look Down
Open Eyes and Focus

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Quickly expose your eyes and brain to every page. Move fast!

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Use the power of your eyes. Let your hands guide the way down the page!

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Mind Map
Tell Back