# How is my engine running?



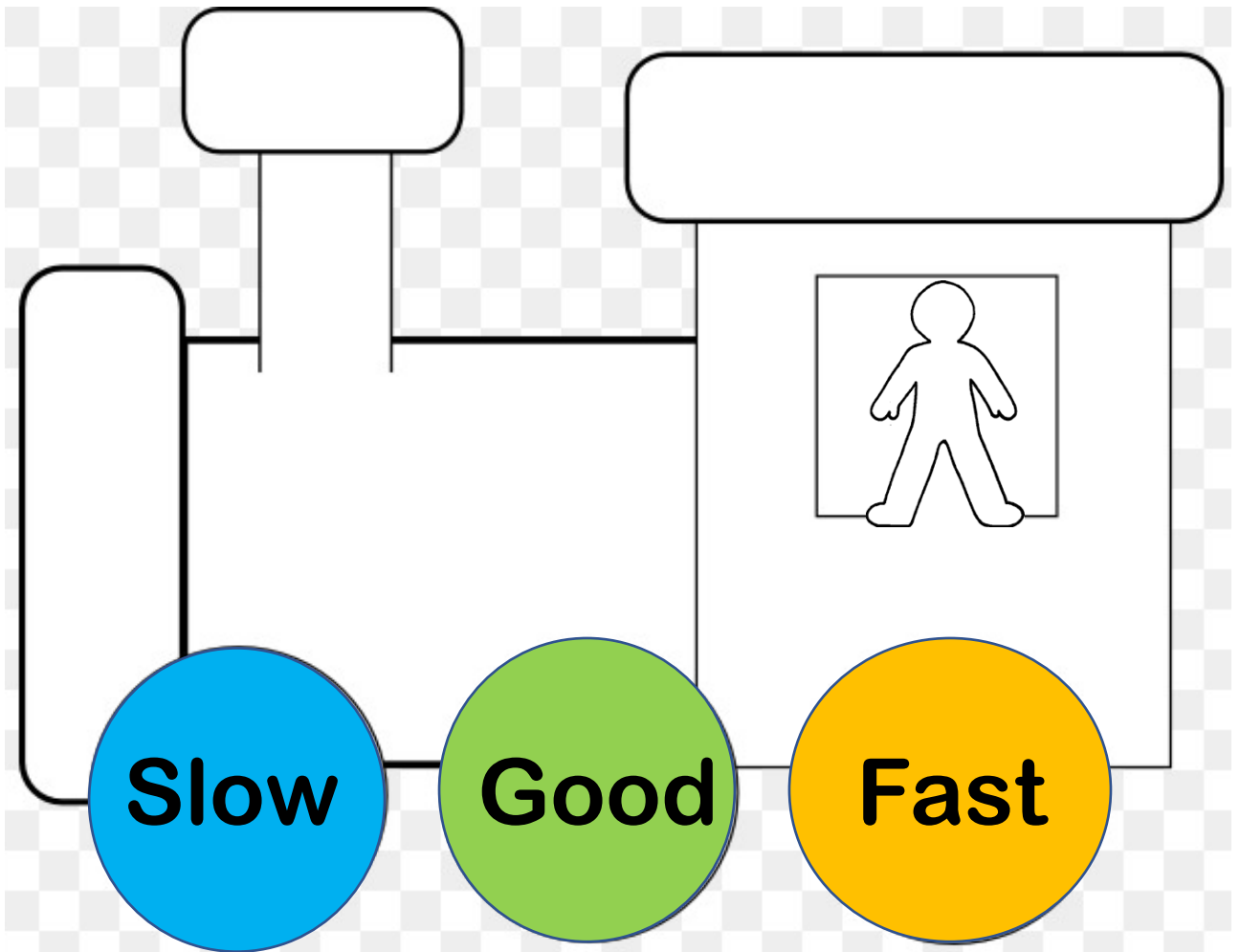**Too Slow** - **Take a sensory activity break**

**Good** - **Brilliant keep going**

**Too fast** - **Take a sensory quiet break**