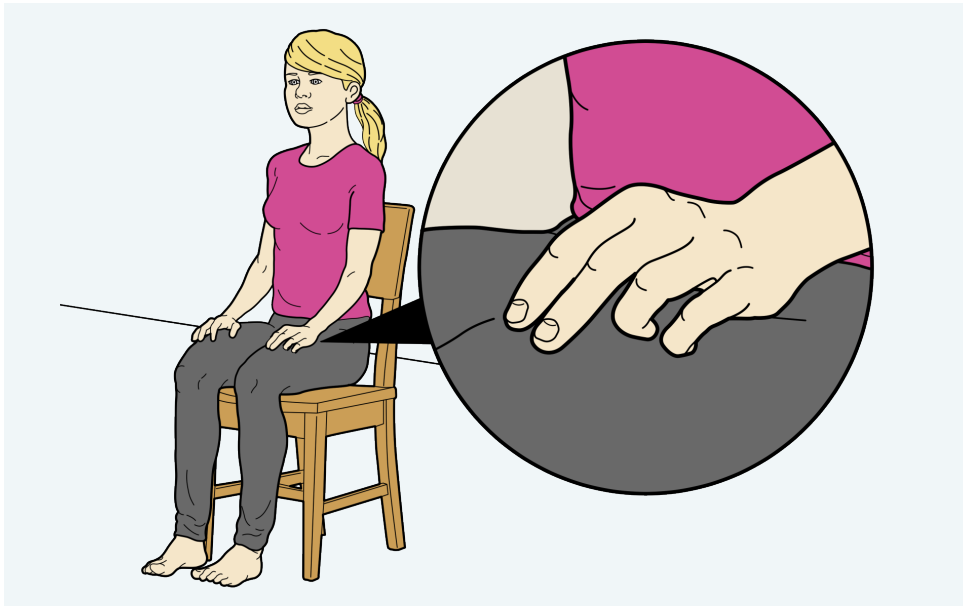


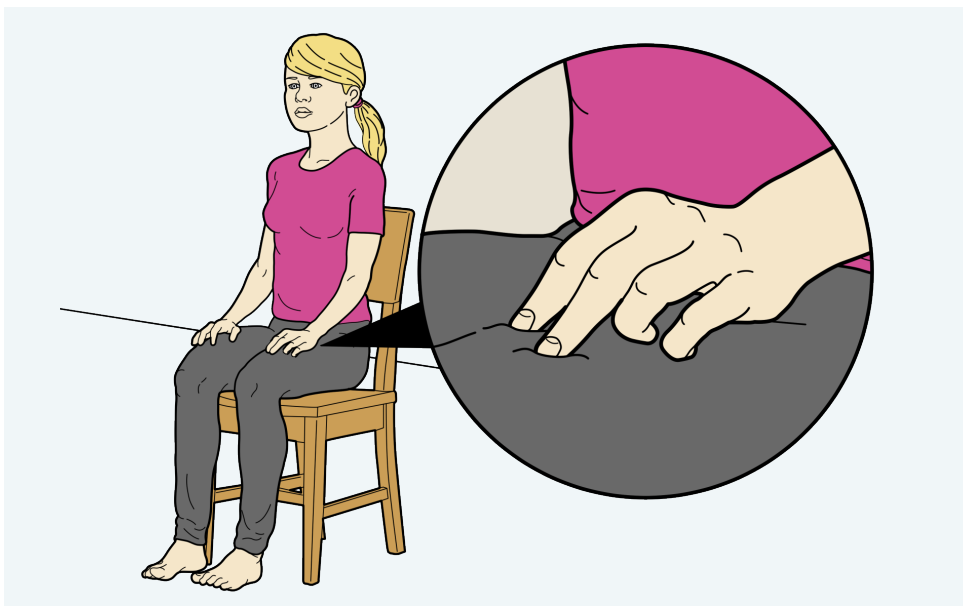
# Activity 13: Feeling firm touch versus light touch #1

Video demonstration



1. Sit down on a chair or on the floor, and rest two fingers on the top of your leg.

*What can you feel in your leg and in your fingers?*



2. Now push the two fingers into your leg hard.
3. Repeat steps 1 and 2 focusing on how your leg feels with each type of touch.
4. Repeat steps 1 and 2 focusing on how your fingertips and hand feel with each type of touch.

## Follow-on activity:

*What happens if you do this on your shin? Does this feel different on your arm to your leg?*