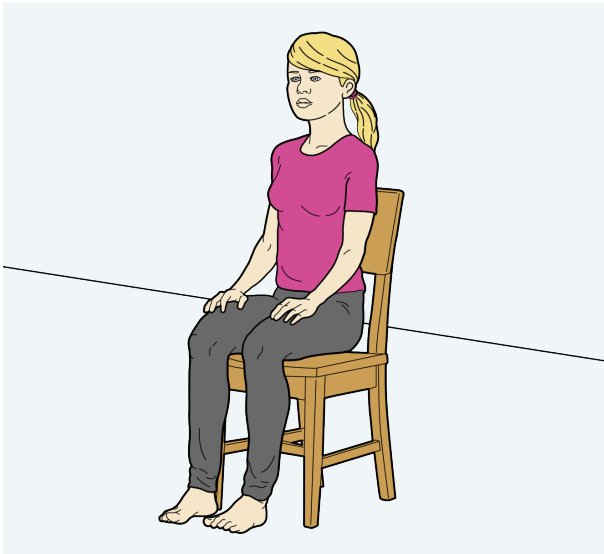


Activity 14: Feeling firm touch versus light touch #2

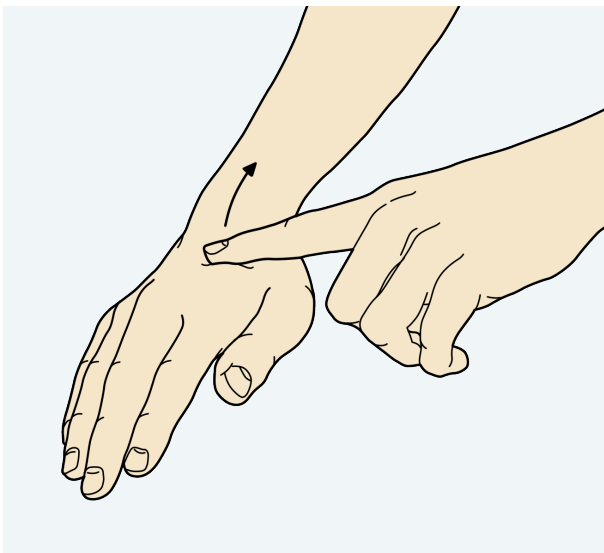
Video demonstration



1. Sit down on a chair or on the floor.



2. With one finger stroke your cheek.



3. Now stroke the back of your hand.

Was the feeling in your fingertip the same or different?

Did each touch feel gentle?

Can you still feel anything on your face or arm or finger after these light touches?

4. Now drag your finger firmly across your cheek and then firmly across the back of your hand.

How did that feel? Can you still feel anything on your face or arm or finger after these firm touches?

Follow-on activity:

What happens if you do this on the side of your leg? Does this feel different on your hand to your leg?