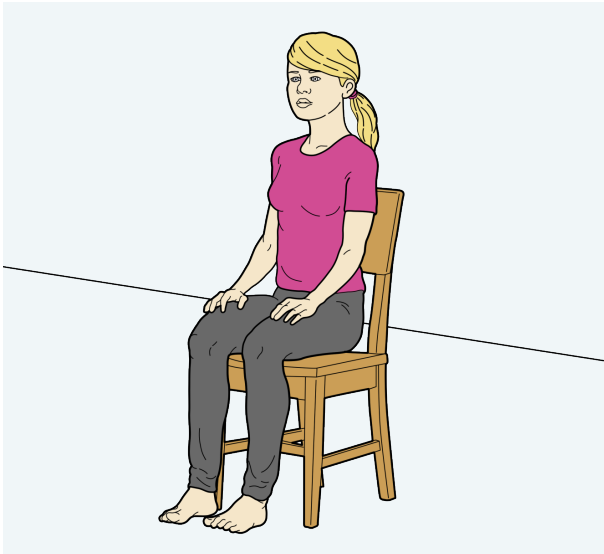


# Activity 14: Feeling firm touch versus light touch #2

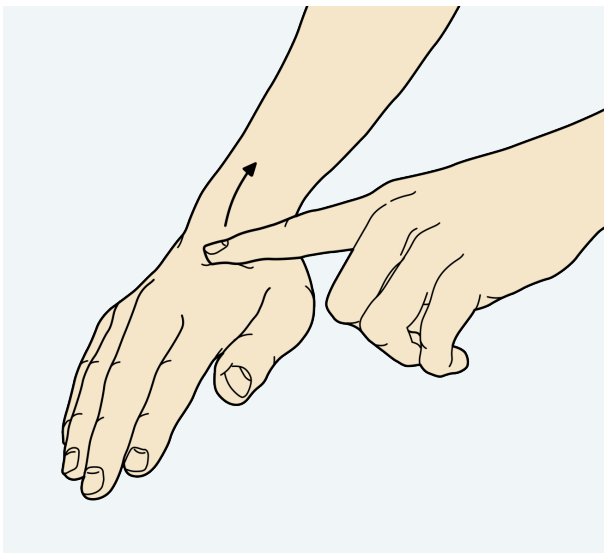
Video demonstration



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?*