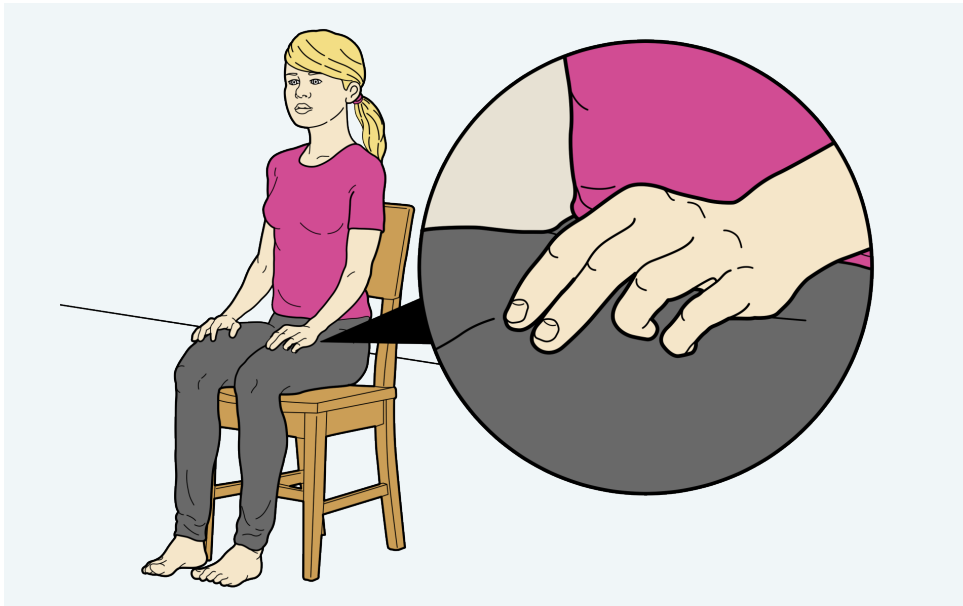


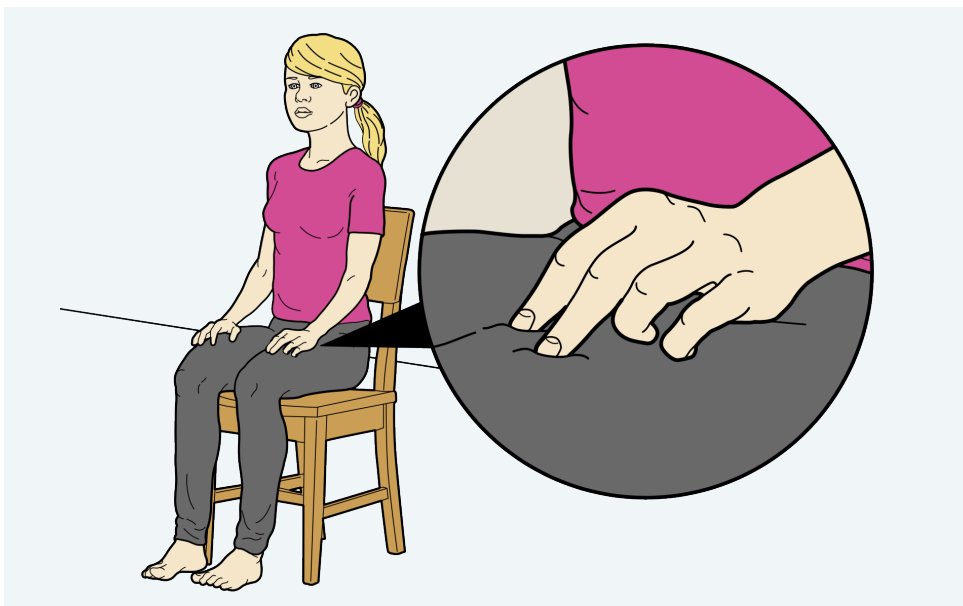
Activity 13: Feeling firm touch versus light touch #1

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?