

NAME OF THE EXERCISE: Two types of touch

HOW LONG WILL THIS TAKE: Approximately 2 minutes

AIM OF THIS EXERCISE: To look at the two different ways that we explore and learn through touch

1. To find the exercise, click on “Touch Training” in the exercise tab.

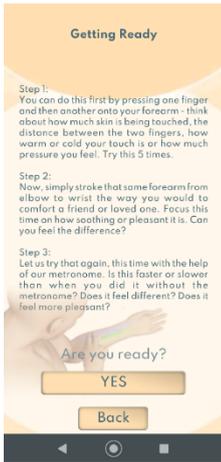


2. Click on the “Two types of touch” Exercise

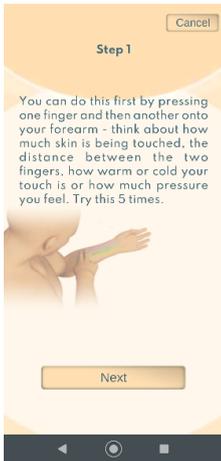
3. You will then be taken to the Exercise description. You can scroll down on the screen to read the complete description. Click “Start” when you are ready to read the instructions.



4. Once you have read the instructions, you can proceed to Step 1. Click on “Yes” when you are ready.



5. Click on “Next” when you are finished with Step 1 in order to proceed to Step 2.



6. Click on “Next” when you are finished with Step 2 in order to proceed to Step 3.



7. Click on “Done” when you are finished with Step 3 in order to proceed to the next step.



8. You will then be asked to indicate how you feel after this exercise (on a scale from “worse” to “much better”). Simply click on one of the options.
9. You may also add a note to your diary or make a suggestion about your experience with the app.

