

NAME OF THE EXERCISE: Goldilocks effect

HOW LONG WILL THIS TAKE: Approximately 5 minutes

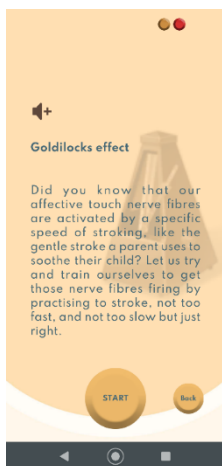
AIM OF THIS EXERCISE: To train ourselves to get specific affective touch nerve fibres to fire by practising to stroke at just the right speed.

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

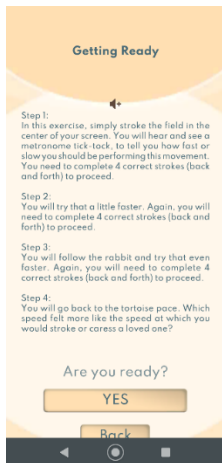


2. Click on the “Goldilocks effect” Exercise. It is important to have the sound/audio of your device on for this exercise.

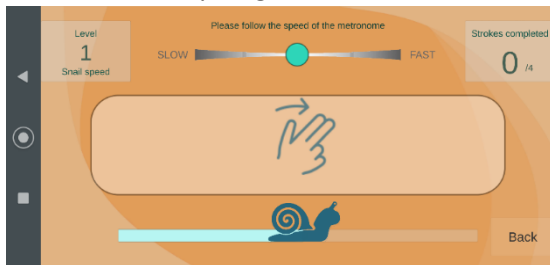
3. You will then be taken to the Exercise description. Click “Start” when you are ready to read the instructions.'



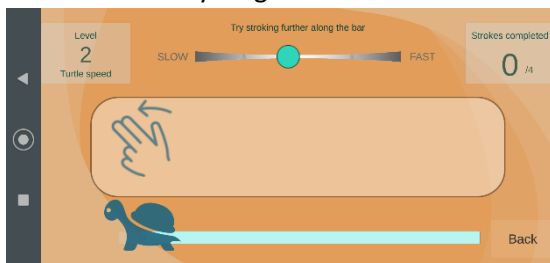
4. You will be directed to the exercise instructions. Once you have read the instructions, click on “Yes” when you are ready to proceed to Step 1. Please ensure that you use your index and middle finger to perform the stroking action. It is important to use 2 fingers so that the app can register the stroking action.



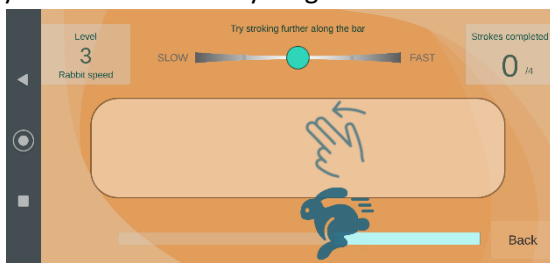
5. Once you successfully complete Level 1 (Snail's speed) i.e. get 4/4 strokes at the correct speed, you will automatically be guided to the next level



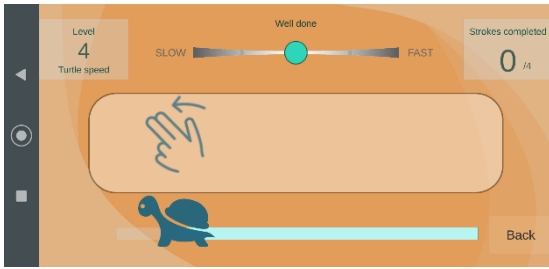
6. Once you successfully complete Level 2 (Turtle speed) i.e. get 4/4 strokes at the correct speed, you will automatically be guided to the next level



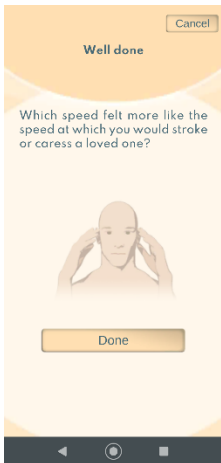
7. Once you successfully complete Level 3 (Rabbit speed) i.e. get 4/4 strokes at the correct speed, you will automatically be guided to the next level



8. Once you successfully complete Level 4 (again, Turtle speed) i.e. get 4/4 strokes at the correct speed, you will automatically be guided to the next step



9. Click on “Done” when you are ready to proceed to the next step.



10. 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.

11. You may also add a note to your diary or make a suggestion about your experience with the app.

