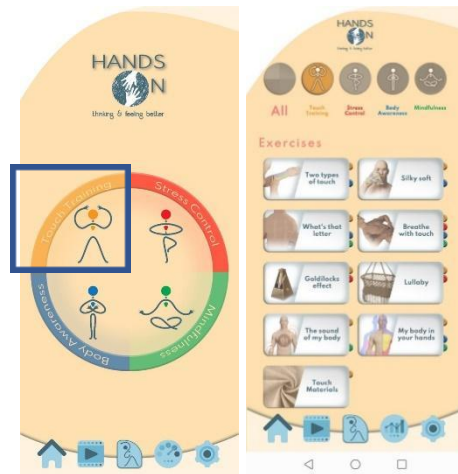


**NAME OF THE EXERCISE:** Lullaby

**HOW LONG WILL THIS TAKE:** Approximately 3 minutes

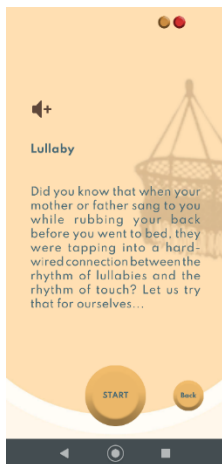
**AIM OF THIS EXERCISE:** To examine the connection between the rhythms of lullabies and touch

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

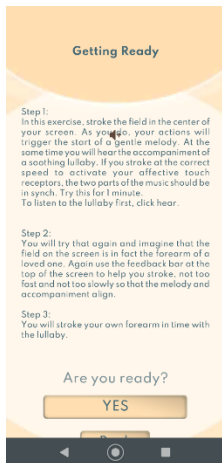


2. Click on the “Lullaby” Exercise. It is important to have the sound/audio of your device on for this exercise.

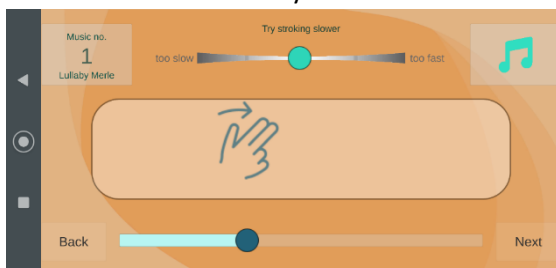
3. You will then be taken to the Exercise description. Click “Start” when you are ready to read the instructions.



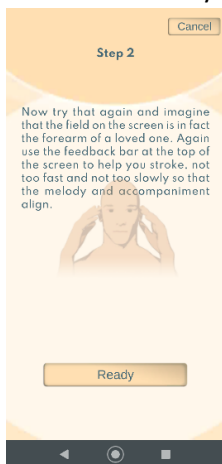
4. Once you have read the instructions, click on “Yes” when you are ready to proceed to Step 1. Please ensure that you use your index and middle finger to perform the stroking action.



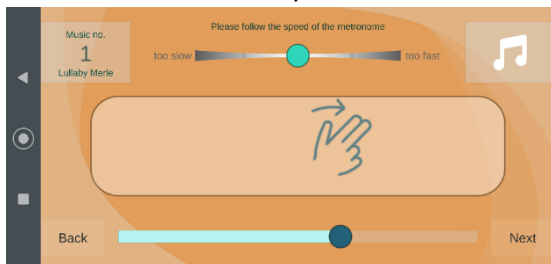
5. Click on “Next” when you are finished with Step 1 in order to proceed to Step 2.



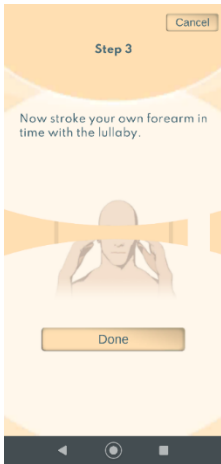
6. Click on “Ready” when you are done reading the instructions and to proceed to Step 2



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



8. Click on “Done” when you have completed Step 3.



9. 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.
10. You may also add a note to your diary or make a suggestion about your experience with the app.

