

NAME OF THE EXERCISE: Silky Soft

HOW LONG WILL THIS TAKE: Approximately 1 minute

AIM OF THIS EXERCISE: To compare how two types of touch change the way you explore and learn about the same object

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

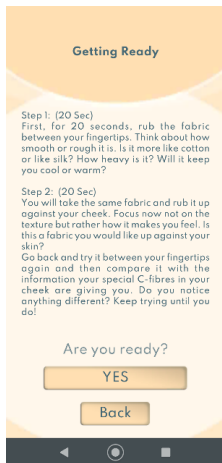


2. Click on the “Silky Soft” Exercise

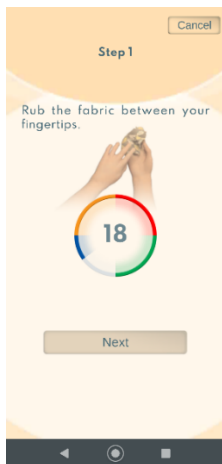
You will then be taken to the Exercise description. You will need a piece of fabric (any material) for this short exercise.



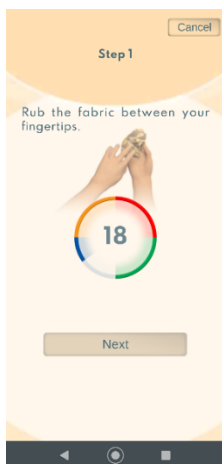
3. Click “Start” when you are ready. You will be given the instructions to follow in 2 steps.



4. Click “Yes” when you are ready and you will proceed to step 1 of the exercise where you will be asked to rub the fabric between your fingertips for 20 seconds. Click on “Next” when done to move onto the next step



5. In Step 2, rub the fabric against your cheek for 20 seconds. Click on “Done” when finished.



6. 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.
7. You may also add a note to your diary or make a suggestion about your experience with the app.

