

NAME OF THE EXERCISE: Touch Materials

HOW LONG WILL THIS TAKE: approximately 1-2 minutes

AIM OF THIS EXERCISE: To look at how we interact through touch with the world and others in it

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



2. Click on the “Touch Materials” Exercise

You will then be taken to the Exercise instructions. Please remember to have your sound on for optimal functioning of this exercise as you will hear the sound of your strokes as you move your finger across the different material surfaces.

3. Click “Start” when you are ready.



4. You will then be asked to choose your material.
5. First please select “WOOD”.
6. Please stroke the surface using your right index finger (only). Please do so for at least 10 seconds.
7. When you have finished, click on the “X” at the bottom of the screen.
8. You will then be asked to say 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.
10. Please click on “Repeat the exercise”. You will return to the exercise instructions.
11. Click on “Start” when you are ready.

12. Please select and then repeat the exercise for the material "SKIN". Again, using your right index finger (only), stroke across the surface for at least 10 seconds.
13. When you are finished, simply click on the "X" at the bottom of the screen.
14. Again, you will then be asked to say how you feel after this exercise (on a scale from "worse" to "much better"). Simply click on one of the options.
15. You may also add a note to your diary or make a suggestion about your experience with the app.



16. Please click on repeat the exercise and repeat the same process with the option "SILK"
17. When you are finished, simply click on the "X" at the bottom of the screen.
18. Again, you will then be asked to say how you feel after this exercise (on a scale from "worse" to "much better"). Simply click on one of the options.
19. You may also add a note to your diary or make a suggestion about your experience with the app