

**NAME OF THE EXERCISE:** What's that letter

**HOW LONG WILL THIS TAKE:** Approximately 2 minutes

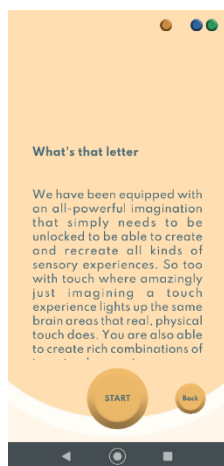
**AIM OF THIS EXERCISE:** To create a multisensory touch experience.

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

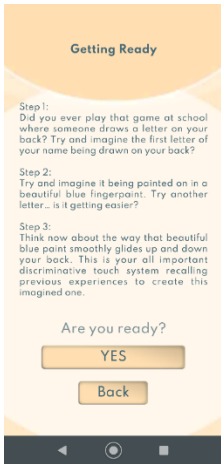


2. Click on the "What's that letter" Exercise

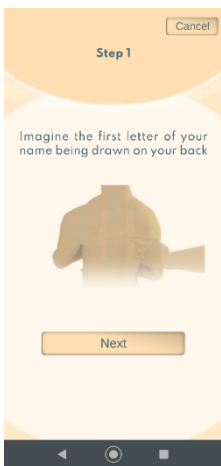
3. You will then be taken to the Exercise description. You can scroll down on the screen to read the complete description. Click "Start" when you are ready.



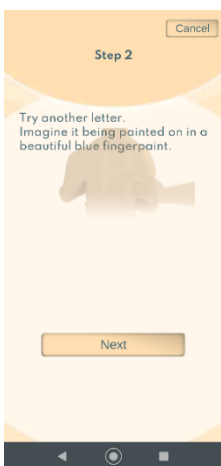
4. Once you have read the instructions, you can proceed to Step 1. Click on "Yes" when you are ready.



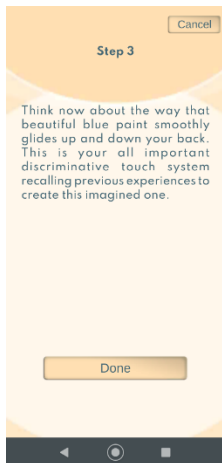
5. Click on “Next” when you are finished with Step 1 in order to proceed to Step 2.



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.

