

## Fine-Tune Your Senses (Awareness)

### Part 5: Touch

Our basic 5 senses include listening, seeing, smelling, tasting and touch. If we focus on improving each one, we can use them to improve our memory, creativity, problem solving skills, physical performance and relationships with friends and family. This ability to use our senses well, can help us mindfully respond to people and events around us much more positively.

#### Touch:



When we are born, we are passed to our mother, where we find comfort when she holds us close. Babies and children even find comfort cuddling their favourite blankets and teddies. Healthy, loving touch releases a feel-good chemical in the brain allowing us to relax and remind ourselves that we are not alone.

Our **hands** play an important role in the sense of touch. They give us information about our world, like the soft, smooth texture of a rose petal, or the cold slippery surface of a melting ice cube. Our fingertips also feel pain and temperature, which acts to protect us. Our hands allow us to do a range of tasks and fun activities and communicate with our brain constantly while we explore our environment.

Did you know our thumbs are especially useful for grasping things and our little fingers give our hands strength?

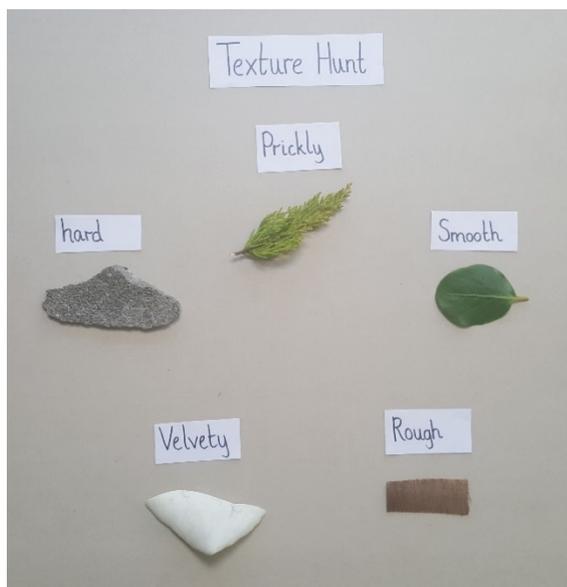
Here are some activities to show you how amazing your hands are.

#### **Train your brain -**

#### **Activities to Increase Awareness:**

1. Texture Hunt (1 or more players).
  - Choose an area to explore. If you have access to the outdoors, that's great, otherwise choose a room in the house with the most textures available.
  - Choose 5 or more texture descriptions from the list at the end of this article.
  - Either on your own or as a team, find items which match the descriptions. You can either take photos of the items, draw them, take a sample (easier if your outdoors), or list them.

What was your favourite texture? What was your least favourite?  
Remember to wash your hands!



## 2. Sorting Textures

- With the permission of an adult, cut out various materials into similar size squares, for example paper, card, tin foil, sandpaper, bubble wrap etc.
- Choose 5 or more words from the texture descriptions below.
- Mix the materials together and see how quickly you can sort them.

Extension: Why not stick them all down on a piece of paper to make a collage!

## 3. Guess the Object (2 or more players)

- Ask an adult to place some objects into a non-see-through bag.
- Using the texture descriptions to help you, carefully feel an object and describe it to the other players. Can you guess what the object it? Can the other players guess? Take the object out of the bag.
- Now switch turns so another player can feel and describe an object.



4. Touch Drawings (2 players)

- Think of a letter, shape or very simple drawing.
- Player 1 uses their finger to draw this object onto player 2's back. Can player 2 guess what your object is?
- Swap over and repeat.

5. Make Your Own Stress Ball.

This is good fun and I guarantee you will want to carry your stress ball around with you.

You will need:

1 balloon

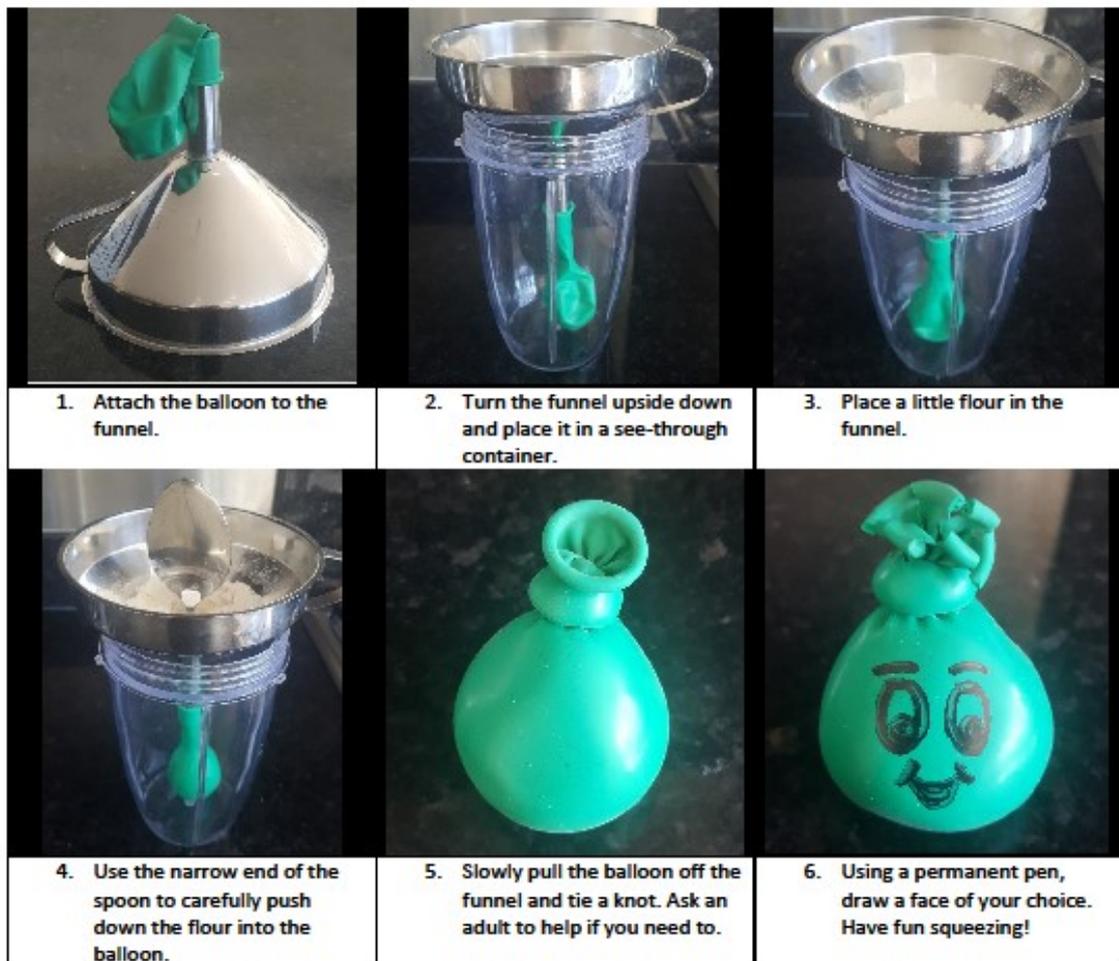
1 funnel

1 see-through container

flour

1 tablespoon

a permanent pen



**Question:** If we hit our leg hard on an object, why do you think the first thing we do is hold our leg tightly with our hands? Something to think about. 😊

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## Words to Describe Texture

soft	fluffy
hard	spongey
rough	furry
smooth	fluffy
slippery	oily
wet	waxy
dry	thin
sandy	thick
warm	rubbery
cold	coarse
velvety	glossy
sticky	gooey
gritty	flaky
prickly	bumpy