



## Key Advice

### **Descriptions of haptic touch, cutaneous touch and kinaesthesia (Step 1)**

*Haptic touch* refers to the sense of touch that involves the perception of texture, shape and size. To register a haptic touch, students should pay attention to the physical properties of the objects they are touching. They can explore the texture, shape and size of the object by running their fingers over its surface, feeling its weight and temperature and noticing any other tactile sensations that arise.

*Cutaneous touch* refers to the sense of touch that involves the perception of pressure, vibration and temperature. To register a cutaneous touch, students should pay attention to the pressure, vibration and temperature of the objects they are touching. They can notice the sensation of pressure against their skin, the vibration that occurs when they tap an object and any temperature changes that they feel when they touch different materials.

*Kinaesthesia* refers to the sense of body position and movement. To register kinaesthesia, students should pay attention to the movement of their bodies as they interact with the environment. They can notice how their body feels when they walk on different surfaces, lift and carry objects of different weights and move their body in different ways.

Overall, to register these sensory experiences, students should pay close attention to their own bodily sensations and actively engage with the environment. They can take note of any sensations that arise and reflect on their experience later in class or discuss it with their peers.