

Activity Guide

Two Point Discrimination Demonstration



Module

Touch

Materials required

- Cotton swabs

Preparation instructions

You do not need to prepare any materials in advance for this activity.

Activity instructions

1. Choose a volunteer from the group. Have them close their eyes and hold out their hands.
2. Gently touch their finger using two cotton swabs. Remember how far apart the cotton swabs are.
3. Ask the volunteer: How many cotton swabs am I using to touch you? (They should say two)
4. Gently touch their arm using the two cotton swabs, keeping the swabs the same distance apart as before.
5. Ask the volunteer: How many cotton swabs am I using to touch you now? (They should say one)
6. Tell the volunteer to open their eyes and show them you were actually using two swabs all along.
7. Explain: It's easier to tell on your fingers rather than your arm because your sense of touch is different on different parts of your body. You're more sensitive on the parts of your body that you use to explore the world.

Reinforce these learnings

- Touch receptors detect pain, temperature, pressure, and vibration and send signals to your brain through your spinal cord.
- There are more touch receptors at your fingertips than on your arms. This is called receptor distribution.
- Your sense of touch is important because it can help you sense if something is dangerous, allows you to feel comfort (e.g., a soft blanket), and lets you communicate with others (e.g., give someone a hug).

Reinforce these injury prevention messages

- Protect your sense of touch by protecting your brain and spinal cord! Wear your helmet, wear your seatbelt, follow safety rules, etc.