

http://microbemagic.ucc.ie

## **Explore your body – Test your sense of touch!**

## What you will need

A friend

A blindfold (a scarf will do just a well)

Paper

Pencil

A variety of objects e.g. stone, tennis ball, sponge, leaf, pencil, string...whatever you like! Make sure your 'subject' does not see these before the test begins.

## What to do:

- Blindfold your friend.
- Gently place each object onto the skin on and area of the body.
- Ask your friend to identify each object and indicate if it was easy or difficult to identify the object just by touch.
- Change object and place in a different area of the body (e.g. leg, arm, forehead, cheek, hand, palm of hand, foot, lips, fingers).
- Continue until all areas and all objects have been tested.
- Note the answer each time and you will soon have a list of sensitive and less sensitive areas of the body.

## What's happening?

Different areas of your skin have different numbers of touch receptors. Areas like your fingers and foot have lots of touch receptors so it is very easy to identify objects just by touch. Other areas, like your calf, have fewer touch receptors so it can be more difficult to identify objects simply by touch. Do your results show where you have more or less touch receptors?