

# Feather Touch



- Ask me to close my eyes and then touch my hand or cheek with a feather or a cotton ball.
- See if I can guess which one you used and/or where you touched me.
- If I'm anxious about closing my eyes it might help for me to practise on you first, or let me keep my eyes open.
- Help me feel safe by letting me know we will just be touching hands, feet and faces.

*This game helps me practise gentle touch and helps develop my body awareness.*