**Touch Test**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Increase awareness**

**What will we need? Items to touch and describe, such as, a pillow, the top of a desk, paper, etc.**

**How do we do it? Instruct your students to touch and describe the soft/hardness, temperature, smoothness/texture, dryness/wet of the item.**

**Additional Notes:**

* **You can use the items you have in your classroom, or you could bring in other items.**

**Reference: https://teachstarter.com/blog/classroom-mindfulness-activities-for-children/**