

This journaling prompt is all about tuning in to the small physical sensations of touch. For each of the prompts below write a paragraph describing the physical sensation of your skin when it comes into contact with that thing. Tune into it; find the details. Try changing up how your physical self exists and interacts with it. What does a physical sensation feel like, for example, when it is felt in your scalp, through your hair.

1. Reach out and touch something natural in your environment. What do your fingertips feel like, what is the pressure like?
2. Hold something you find – a feather, a stone etc - in the palm of your hand. What does the weight remind you of? How is the sensation of holding something up in your palm different to the sensation of reaching out for something?
3. Take your shoes off (safety first, check for anything sharp before you do!) stand on the grass, the soil, the gravel, the sand – what are the soles of your feet telling you? How is this different to the way your fingers interpret touch?

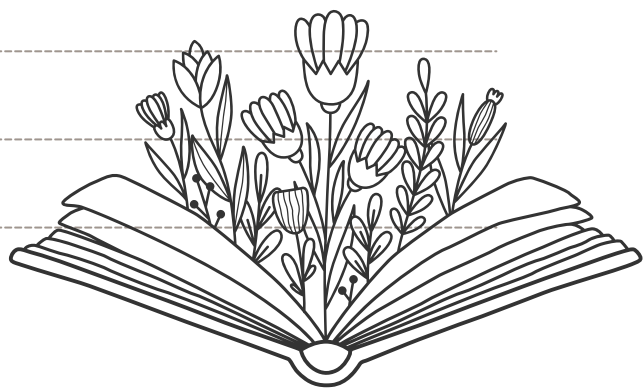
Take one of these touch sensations paragraphs and expand it relating the physical sensation to a memory of something else. It might be that you remember touching the crisping edges of the horse chestnut and knowing you were about to start a new term at school, for example. Or that sensation of sand on your soles might take you to your honeymoon in Northumberland. Or the feeling of dew on your bare skin might lead to a memory of freedom, of wildness, of camping perhaps.

Go further, what other sensations can you think of? What about summer clothes, what about the weather, what about holding hands?

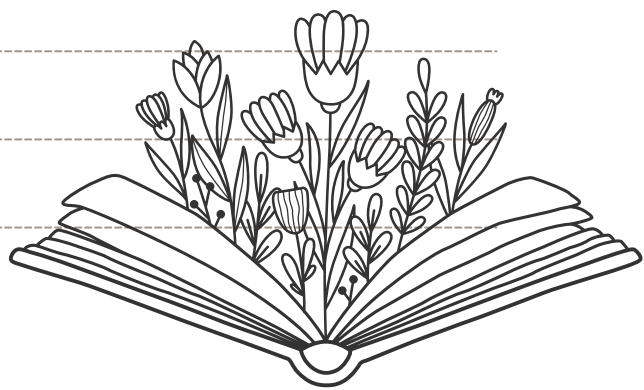
Keep writing those short paragraphs exploring your own memories. Start building in some simile, some metaphor, start thinking creatively.



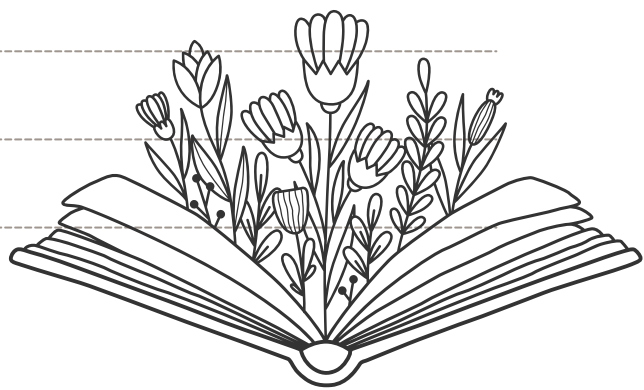
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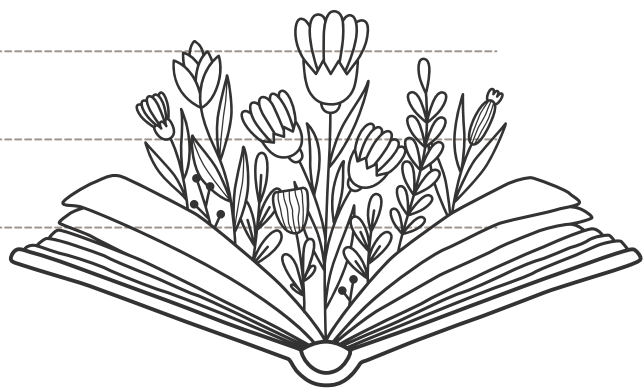
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Handwriting practice lines consisting of 20 horizontal dashed lines.

