

# MINDFUL SENSE OF TOUCH: FIDGET TESTING

In front of you are a number of fidgets that have a variety of textures and physical sensations. Spend some time testing each object as if you work for a toy company and will be giving feedback to them about the pros and cons of each fidget. Everyone responds differently to different feelings of touch. Notice and write down what you liked about each item and what you didn't like.



Item	Pros	Cons