**Your sense of feeling**

With a pencil mark off a 1 cm square on the back of the first joint of the middle finger. Sharpen the pencil and press the point firmly against the skin at many places within the square. Nerve endings that register sensations of touch, heat, cold and pain are located in the skin. Find the points within the square that produce each of these sensations.

Think of examples of situations in which the sensations of touch, heat, cold and pain might help us avoid harm or danger.