

Body Brush


Equipment

- Variety of brushes

Instructions

- Set up a variety of brushes- make-up brushes, nail brushes, soft hairbrushes, etc
- Brush them up and down the arms and hands, legs, and feet and if they accept, face (careful of the eyes) and the scalp
- Try on own body and someone else doing it on yours

Senses

Touch	
Proprioception	