

Rainforest Tac Pac



Gently pat all over the body with a wooden spatula or spoon.



Press the sponge all over
the arms and shoulders
using light and heavy
pressure.



Stroke the tissue over
the face and head



Place the learners feet
or hands in the dry
leaves, dry cereal or
scrunched up paper.



Drape the fabric over the learner, then slowly pull it off and repeat.



Relax

