



TACPAC have made set 5 free for families to use at home for 3 months. You need to download the music from their website here:

<https://tacpac.co.uk/news/free-access-to-set-5>

It usually costs £55 but you need to put the code **8Q7A3TXS** in at the checkout and then it is completely FREE.

Here are the props for TACPAC set 5 and some guidance from me about how to use it. There are also example videos on the website for you to watch as well.

1. shiny paper (scrunch and unscrunch it against the student's body, feel it on arms, legs, face, etc)
2. puffing air (make a hole in a bottle lid and use this to puff air on the student)
3. glitter bottle (put glitter and water into a bottle, add a little washing up liquid and tape the lid on tight or use a glue gun if you have one, shake the bottle and watch the glitter swirl or rock the bottle and see the water and glitter slosh)
4. pom pom (like a cheer leaders pom pom, shake it, feel it on arms, legs, face, etc - maybe use tinsel if you can't get a pom pom)
5. scarf (place scarves under the student's body and use them to gently squeeze, lift and lower parts of the body)
6. Relaxation (I always use a blanket for this and try get the student to either lay or sit quietly wrapped in the blanket. Every TAC PAC finishes with this same activity)

I have used TACPAC with lots of students in the past and they all react very differently to it. Almost all have taken time to get used to it and this is the case even with students who are familiar with TAC PAC but are using a new set. Some students get very vocal and responsive and I had another student who found it so relaxing he fell asleep every time!

The key to it is repetition, this brings familiarity and students begin to be able to predict the sequence. I always keep all the props in a bag (one of those see through plastic document bags with a zip at the top but any bag or box will do). At the end of the piece of music I get the student to put the prop back into the bag, this symbolises that the prop is finished and it is time for the next one and then putting it all away at the end symbolises the activity is finished. Remember consistency helps anticipation.

At the start of each piece of music introduce the prop say, "it's the" keep this consistent every time you do it. Try not to use "language", as such, throughout the session but respond to any vocalisations and interactions from the student.

Find somewhere quiet and as distraction free as possible to work. The student doesn't necessarily need to sit or lie down for it, it is easier if they do but I've done TAC PAC while pacing with a student. We often find it best to work sitting in front of the student as it is easier to develop the interactions like this but do whatever works for you.

In class ideally, we would do the same TAC PAC two or three times a week for about 6 weeks. Repetition is really important.

Lastly if the student hates any of the props then change them for something else, TAC PAC is supposed to be fun, if the student can't manage the whole session then build up to it slowly.

Have fun and if you would like to please share photos with us of you enjoying TACPAC together.

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You will need the following objects: wrapping paper, squeeze bottle, water bottle with fillings, pom-pom, large scarf and a blanket. Play through tracks one to six, using the objects as shown, with the music, with your receiving partner.

Keep to the Beat.



**Press
and
Scrunch**
with gift
wrapping paper



Puff
air with
squeeze
bottle



**Rock
and
Tip**
with water
bottle



**Drop
and
Jostle**
with loofah



**Squeeze,
lift, lower
and move**



**Wrap in blanket
Relax,
keep in contact
and listen**



Watch, listen and observe.
Keep to the Beat.

