



Pathway 3 "TACPAC"

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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We have written our own TACPAC style activity for you to follow on the seaside theme.

Use YouTube to find the different songs and have fun exploring the different resources as you go through the activity.

Song	Activity
Hawaiian Roller Coaster Ride	Stretching
Good Vibrations	Touching sand on the toes and feet
Macarena	Dancing
Under the Sea	Bubbles
Fun, Fun, Fun	Beach Ball or Balloons
Pure Shores	Floaty fabric scarf
High Tide	Tapping from head to foot
Something Beyond the Sea	Squeezing from head to foot
The Sea	Hand massage
Aqueous Transmission	Massage roller (you can use a paint roller or a ball to do this too)