



TACPAC

Tacpac stands for the touch and communication pack. It is an approach developed for children with learning disabilities. It involves combining music with textured objects and movements.

Tacpac is usually carried out 1:1 with an adult and a child.

You can learn a bit more about Tacpac at their official website:

<https://tacpac.co.uk/what-is-tacpac>

You can watch someone using a tacpac with a child here:

<https://www.youtube.com/watch?v=6xBhMd20vyE>

There are lots of tacpac resources that you can buy and a tacpac app all available from the website above. The resources are quite expensive but **Tacpac Set 5 is now available to download for free**. Go to <https://tacpac.co.uk/product/set-5> and use code **8Q7A3TXS**.

Once you have downloaded Tacpac set 5, there are some helpful videos on the Tacpac Facebook page which talk you through using the app, and using the tacpac.

Getting Started with Tacpac -

<https://www.facebook.com/195612980861704/videos/2237387866556083/>

Objects and Activities for Set 5 -

<https://www.facebook.com/TacpacLtd/videos/867598263662700/>

Deep and Light Touch – <https://www.facebook.com/TacpacLtd/videos/2864907876919918/>

The Basic Beat - <https://www.facebook.com/TacpacLtd/videos/627017741180764/>

Body Patterning - <https://www.facebook.com/TacpacLtd/videos/255834912124628/>

In case you cannot access the Tacpac website or app, we have also created some resources which are similar to a tacpac called **Sensory Music** which you can use at home with your child. You can access these on the Trinity School website. Click on the noticeboard on the left hand side, scroll down if needed and select 'resources made for students at home'. You can then select any of the **Sensory Music** options. There will be instructions using actions or objects. You can do either depending on what you have at home.

The basic principles are:

- Use the sensory music activities 1:1 with your child
- Use a different movement or object for each piece of music.
- Try to do movements in time with the music
- Watch your child and see what communication you can see. Do they turn over so you can get to their back or pull your hands to different body parts? Do they push your hand away to communicate that they don't like the action or object? Do they smile, or make eye contact to show they are enjoying the activity?
- Stop doing the action and see whether your child tries to request 'more'
- Give your child the object or your hand and see if they can do the action on you or on themselves