**TacPac 5**

Tacpac draws together touch and music to create a structured half hour of sensory communication between two people.

Below is a link to a tacpac session to be used as a guide

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

Use the following link to stimulating music to learn too

<https://www.youtube.com/watch?v=CB_PZSnen5A>



**Press and scrunch**

(using wrapping paper/newspaper/tinfoil)

Press and scrunch onto hands arms and legs

**Puff**

puff air with squeezy bottle on hands, arms, face, legs

**Rock and tip**

Rock and tip water bottle on body

**Drop and jostle**

Drop and jostle pompom onto skin



**Lift and lower**

Lift and lower arms and legs with scarf

**Relax**

Keep in contact and listen