**TacPac 2**

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>

 **Tap**

-In rhythm

-Pause

-Then rapid cascade

**Snatch lightly**

With soft, flat fingers, pulling away quickly and firmly

**Squeeze**

Firmly in sequence.

 **Draw**

 Draw squares and circles on skin

 **Massage**

With finger tips

**Relax**

Keep in contact and listen