



Dear Parent/Carers,

I would like to introduce you TacPac which we use weekly as part of your child's curriculum.

What is TACPAC?

Tacpac draws together touch and music to create a structured half hour of sensory communication and self-regulation.

The Benefits

- Tacpac music is composed specifically to reflect the texture of each object so that the receiver experiences total sensory alignment.
- Tacpac can be used by anyone.
- Tacpac builds communication skills.
- Tacpac enables progress to be measured and recorded.
- Tacpac can be used in any setting – at home, in school, in hospital, in residential care or even outside.

TACPAC for Parents

Your child's first language is sensory. Tacpac enables you to communicate in a sensory way, building rapport, understanding and trust. Tacpac is a strong emotional regulation tool, that we can support children to access when needed. Tacpac is easy to set up and requires very little equipment – only a phone or tablet, a quiet space and a few everyday objects. It provides a regular, structured half hour which is beneficial to your child's communication and emotional needs. By doing Tacpac regularly, a child builds up their sensory vocabulary, build on relationships and supports with self-regulation.

How Tacpac works

Each Tacpac activity has music which is specifically composed to reflect the texture of the object which goes with it. This means that your child experiences complete sensory alignment – what they see, is what they hear, is what they feel. Over time, this enables them to develop trust with you as their partner in communication. They can then begin to express themselves by showing what they feel or what they want. Some of the objects used for Tacpac activities include: a washing up sponge, chopsticks, a pastry brush, a fan, a paint roller and marbles – to name a few. The Tacpac app which you can download onto your phone or tablet means that you can play the music tracks easily without needing an internet connection or even a power source.

Please take a look at the website : <https://tacpac.co.uk/>

At the end of the session we often end with a 5 Minute Guided Meditation.

Any questions, please feel free to contact your class team.

Kind regards,

Amy Frohawk

Assistant Pricipal

