

HOW TO GET AND USE YOUR FREE TAC-PAC SET 5 RESOURCES

TASK 1 – finding materials

1. Look at the sheet **Tac Pac SET 5 materials**
2. Gather the 6 items listed (or similar) and put in a bag for another day

TASK 2- getting your free set 5

1. go to this link: <https://tacpac.co.uk/product/set-5> or google 'free access to set 5 tacpac'
2. Follow the instructions to 'purchase' the materials
3. Do NOT worry there is NO COST
4. At the checkout enter this code **8Q7A3TXS** making the materials FREE.
5. You will be asked to create an account to 'ACCESS' the materials later.

TASK 3- watch the demonstration videos

1. Now Go to the Tac Pac website
2. Log into your account via the 'My Account' tab and go to the dashboard
3. Select the **Memberships** area.
4. Scroll down to find **Set 5** and click **view**
5. This will take you to the Tac Pac activity
6. Click **I Accept** to view the videos.
7. **Watch the demonstration videos** for set 5, Activities 1 to 6 (on the left hand side) so you are ready to do them when you want to

TASK 4- doing the Tac-Pac activities

1. Get the bag of resources you have collected ready for this activity.
2. Access your Tac Pac account and go to the **Set 5** materials as you did yesterday.
3. Make your space calm and quiet.
4. Play the music in the right hand panel next to the example video and COPY what you saw demonstrated in the video.
5. If your child gets bored of the 'sensation' stop the music and go onto the next.
6. Try and give your child an opportunity to experience all the types of touch, even if this is for a short time.
7. Always end the session with the relaxation activity

