



Tactile Packs

What is a Tactile Pack?

A tactile pack links the tactile and acoustic senses whilst also giving opportunities for social interaction and communication.

How do I use a Tactile Pack?

Play through the tracks (they can be found on YouTube or Spotify).

Use the objects in time with the music.

What to look for :

What do they like or not like?

Do they relax more?

Do they vocalise more or communicate more during the activity?

Do they anticipate what is coming next or when the music is ending?

Do they recognise when it is tactile pack time?

How do they interact with you during the activity?

Can they indicate which part of the body they want the object on?



Green Tactile Pack

| Tactile object | Music | Action |
|-------------------|---|---|
| Exfoliating glove | Rimsky-Korsakov - Flight of the bumblebee | Gently rub skin with glove but don't remain in one area for too long. |
| Feather | Forest Gump theme tune | Stroke with feather |
| Water bottles | Tchaikovsky – swan lake theme | Rock and tip water bottle |
| Relax | Divinire – Ludovico Einaudi | Get comfy. Can use a blanket to stay warm or offer foot/hand massage. |