

Seaside Tac Pac



Promote and develop body awareness
Develop exploratory behaviours
Respond to objects and music
Develop anticipation through routine activity
Communicate likes and dislikes

- Position children/young people comfortably
- Adults sit with their pupil partner/s and greet them
- Remove shoes, socks, splints
- Adults to sit close to child/young person and to introduce each object before using it, note responses and stop if displeasure is shown. During actions adults will introduce pauses and note any signs of anticipation
- Adults to allow opportunity for independent exploration of each object if possible.
- PLEASE ADAPT THE SESSION ACCORDING TO THE PUPIL YOU ARE WORKING WITH.

Play introduction music- **Oh I Do Like To Be Beside The Seaside** by Justin Fletcher

1.**In the Summertime by Mungo Jerry** - **Heat bag** - *Focusing on the arms and legs, move the heat bag along the arms and legs in time with the music.*

2.**Under the Sea by Samuel E Wright** - **Seashells**. *Focus on hands and feet, roll the seashell and gently press into hands and feet in time with the music.*

3.**Beyond the Sea by Bobby Darrin** - **Water spray** *Focusing on the arms and legs (if pupils is happy you can use a light mist over whole body including the head), gently spray/mist over the pupil.*

4. **Club Tropicana by Wham - Beach ball** *Focusing on whole body, roll and gently bounce the ball over the pupil in time with the music.*

5. **Summer Breeze by The Isley Brothers - Fan** *Focusing on the whole body including the head, waft the fan over the pupil with the rhythm of the music.*

6. **Surfing USA by The Beach Boys - Towel/face cloth** *Focusing on the whole body, rub the towel over the pupil using small, circular movements in time to the music.*

7. **At the River by Groove Armada - Suncream** *Focusing on the arm and legs, gently massage the suncream into the arms and legs to the flow of the music.*

Finish and feedback on pupil's responses/favourite action, if appropriate.