

Relaxation / Tac Pac / Massage Stories / Meditation

At Rachel Madocks School we offer a variety of programs to support in areas which include positive touch, communication, relaxation and to support in the wellbeing of our students. These are as follows:

TacPac: A Tactile Approach to Communication. It is the alignment of two sensory languages where these languages are innate, they are two languages that do not have to be taught or learnt. In TacPac, what you hear is what you feel and is predictable and consistent and developed to take the students on an emotional journey (some more upbeat and some calming). TacPac is beneficial for pupils who have difficulties in: sensory processing, emotional regulation, cognitive functioning, conventional communication means due to the benefits TacPac brings.

Massage Stories and other positive touch activities can support our students to process touch and interact with each other in a calm and supportive way, building trust and relationships. Touch is beneficial for everybody as it helps to reduce anxiety, stress and limit the production of stress related hormones. Massage stories have a predictable structure and pattern which supports students who find physical contact unpredictable and challenging.



Yoga serves a significant role across the whole school at Rachel Madocks. It benefits our physically able pupils to develop fitness and general health by participating within exercise, and it also benefits more complex pupils with developing their awareness of their own bodies. Yoga gives students an opportunity to focus on their own well-being and develop strategies which support them to self-regulate and reduce behaviours.

Taking time to feel grounded and focus on their breathing reducing anxiety, frustration and aggression, yoga sessions also give students the opportunity to engage and connect with familiar adults who they feel safe with and know. Yoga can be seen within our younger classes where parents and carers are invited in to spend the time with their child in a relaxed and enjoyable session where possible.

