**Tac Pack Handy Pack 2.0**

Music can be found on youtube. Either follow this link

<https://www.youtube.com/playlist?list=PLGDJN4fHPg54BDhNUcYzAD6z5W9OcljT4>

Or google search Tac-pac Handypack 2.0

**Song 1 – Flight of the bumblebees**

*Using your fingertips tap up and down arms and legs in time with the music.*

**Song 2 – Dance of the Sugarplum fairies**

*Using palms of your hand, give firm touch/massage on shoulders and arms.*

**Song 3 – Sleeping Beauty Waltz.**

*Drawing squares and circles with index finger on back.*

**Song 4 – Ride of the Valykries**

*Lightly snatch using thumb and fingers on hands and feet.*

**Song 5 – Blue Danube**

*Finish with relaxing massage.*