

Useful websites

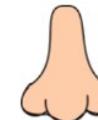
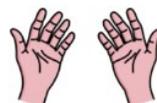
- <https://www.wilsonstuart.co.uk/pmlid/> the school website (PMLD section on for parents area) has lots of useful links including sensory stories, music activities and intensive interaction activities.
- <http://pamis.org.uk/> this is more of a support link but they have some information on postural care and sensory stories.
- <https://www.bigtopmusic.co.uk/> big top music do music sessions with lots of signing and a multi sensory approach.
- http://www.nicurriculum.org.uk/curriculum_microsite/SEN_PMLD_thematic_units/dep/docs/AN_WEB_Files/AN_Activities/AN_Activity_1.pdf autumn sensology session.

What is sensology?

Sensology (Flo Longhorn)

Sensology's aims are to wake up the five basic senses (see, hear, touch, smell, taste) and also movement related sensory systems: the vestibular (balance, head movements and gravity) and the proprioceptive (body positions, body mapping and planning movements). The senses are stimulated and introduced individually and a familiar song/rhyme is used to cue in the session as well as children looking at themselves in a mirror. Sensology is used to support you child's awareness, engagement and to enable them to make preferences.

A variety of different equipment can be used when waking up the individual senses at home too! Below are some examples of the types of resources used to stimulate each of the senses. It is important to use contrasting senses to not only enhance the senses but also to allow your child to communicate and show preference to particular experiences.



See <i>I can see</i>	Touch (use of contrasting textures) <i>I can touch</i>	Hear <i>I can hear</i>	Smell (use contrasting smells) <i>I can smell</i>	Taste (Use of contrasting tastes) <i>I can taste</i>
Coloured torch	Feathers	Bells	Lavender	Chocolate
Fibre optic wand	Pine cones	Drum	Ginger	Lemon
Reflective CD	Bubble wrap	Horn	Lemon	Honey
UV lights/accessories	Shower scrunches	Banging on a hard surface	Marzipan	Soy sauce
Handheld lights	Sponge with rough top	Scratching corrugated card	Peppermint	Ice cream
Battery operated fairy lights	Furry fabric	(Change of volume loud/quiet)	Orange	Warm custard