



Session Aims

- To wake up the senses
- To experience different stimuli
- To develop awareness of how we use our senses to access and explore the world around us
- To make begin to establish preferences

Resources needed

Examples for each sense provided. You will also need to choose a couple of pieces of music – these will cue the start and end of the session, it is best to play the entire track to allow students to prepare for the session and to relax afterward. Make sure you always use the same track to start the session and the same track to end the session.
NB The P-Group are non-oral and so we do not use this sense during our sensology lessons



SIGHT <i>Visual stimuli</i>	HEARING <i>Auditory stimuli</i>	TOUCH <i>Tactile stimuli</i>	SMELL <i>Olfactory stimuli</i>	VESTIBULAR <i>Movement (Balance) Stimuli</i>	PROPRIOCEPTION <i>Movement (Pressure) Stimuli</i>
Torches Fibre optic High contrast items Small disco lights Neon items Fairy lights	Bells Shakers Drums Sirens Noise Makers	Brushes Dryer balls Bubble wrap Velcro Feathers Pompoms Slime Playdoh!	Scent bottles Citrus fruit Perfumes Herbs Spices Toiletries	Rocking motions Bouncing motions Turning motions Swinging motions	Pushing & Pulling Gentle stretches Massage Squeezes

Activities

- Play initial cue song to allow student to get ready for the session.
- When the track has finished introduce the first sense. E.g. VISION “These are my eyes”, point to own eyes then touch side of their eyes, “We use them to see”. Explore a range of visual stimuli. Items can be moved in front of the eyes from varying distances and in various directions (taking care not to shine lights directly into eyes)
- Repeat for each sense
- Conclude session by playing second piece of music

Notes on delivering the session

Make sure that the room is free from distractions, this could include dimming any lights or drawing curtains to reduce light levels helping reduce visual ‘clutter’ and allowing focus on the sense you are exploring.
 Take your lead from the student, responding to their exploration
 Allow plenty of time for new discoveries