

## Sensology

Sensology is a sensory education, designed to stimulate the senses and provide sensory experiences and multisensory environments.

Sensology was created by Flo Longhorn, who describes sensory stimulation as one of the vital 'prerequisites to learning' that everyone needs in order to access any level of thought.

Sensology is used predominantly with pupils with profound and multiple learning difficulties or complex needs. For these pupils, regular stimulation and awareness of their senses can help them to access thinking and learning. Through using the sensology approach, pupils may begin to be able to understand more complex sensory perceptions, which provide a basis for simple understanding. They may then be able to progress from not just understanding, but also remembering what has been learnt.

Sensology is used to support your child's awareness, engagement and to enable them to make preferences.

The 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).