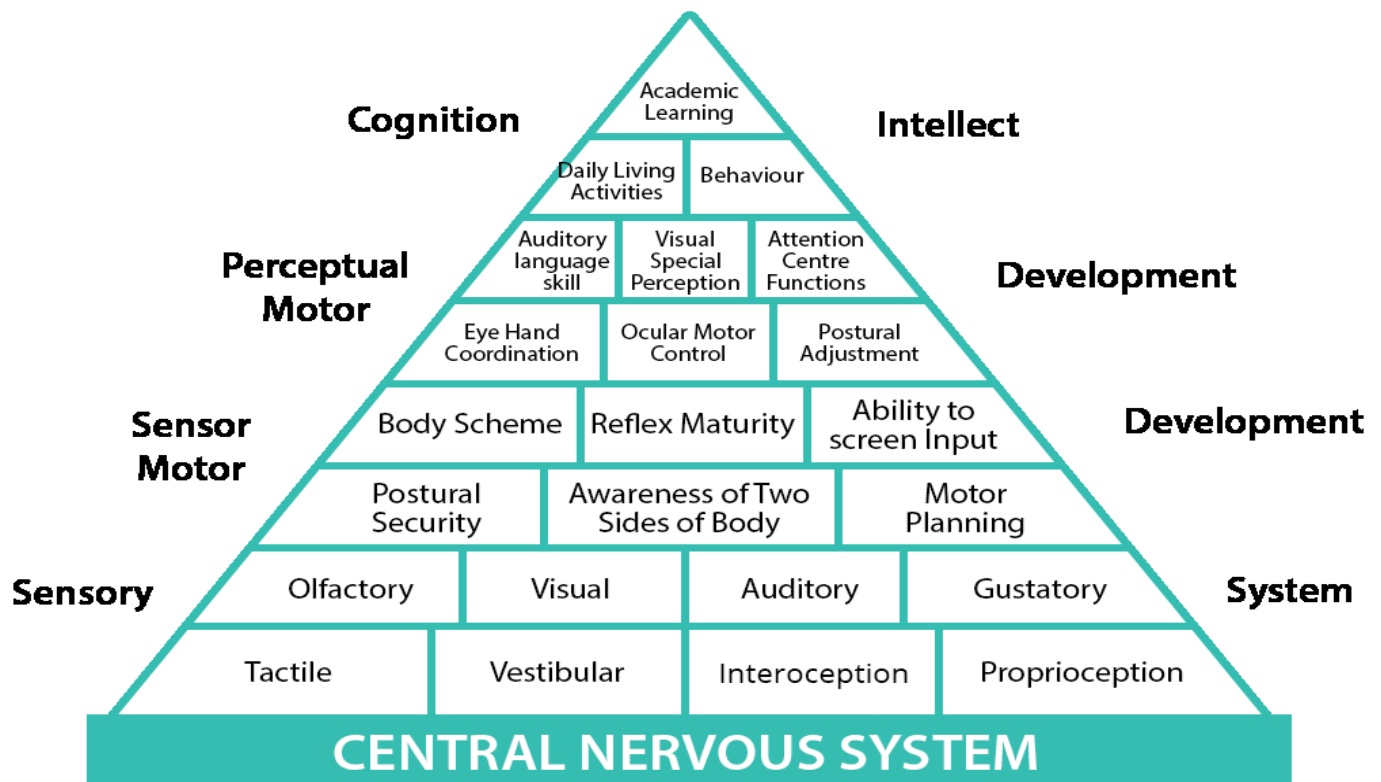


The Learning Pyramid



Pyramid of Learning (Adapted From Williams and Shellenberger 1996).

The programmes offered at Active Listening are based in this pyramid because it shows the fundamental skills required before the brain is ready for academic learning.

The three internal sensory systems are the Vestibular, Interoception and Proprioception.

The **Vestibular system** is contained within the ear. It has many functions including; balance, postural control, co-ordination, time, rhythm, muscle tone, sequencing and sensory integration.

Interoception is the internal system which tells us what's happening inside our body. Hunger, thirst, temperature, needing to use the bathroom and feeling pain are all part of interoception.

Proprioception is the sense of location and force of self-movement in the bodies muscles, tendons and joints. We see proprioception in action when kicking a ball without looking, walking on a beam without looking at our feet and touching our nose with our eyes closed.