

# Did You Know our Body Has 8 Senses



## our 5 common senses are:

- SIGHT - We use our eyes to see the world to navigate safely and avoid danger
- HEARING - we use our ears to listen to nature, people and things and respond to danger
- TASTE - we use our mouth and taste buds to taste foods and distinguish between edible and non-edibles
- TOUCH - we use our hands, feet and bodies to touch objects and discern what we are touching
- SMELL - we use our nose to smell nature, foods and items and move away from dangerous smells

## our 3 hidden senses are:

- INTEROCEPTION - internal senses of our organs i.e heart rate, recognising thirst or hunger, needing to wee or poo
- PROPRIOCEPTION - awareness of position and movement of our body and limbs, helps us adjust our movement to safely move around your environment
- VESTIBULAR - awareness of motion, controlling head position, eye movements and spatial orientation. This is how our body adjusts as we move in space and our environment. Detects gravity and if we are moving fast or slow, horizontal or vertical.

**Our sensory system helps us to build an image and perception of the world around us. It helps us to receive, interpret, engage and function in the world by appropriate adaptive responses to sensory experiences**