

WHAT ARE THE SENSES?



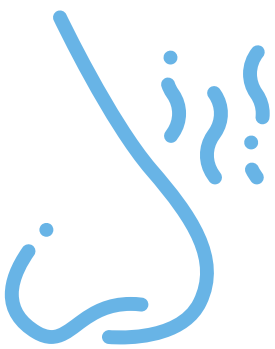
1 TOUCH

Touch is our tactile sense, and our sense of skin contact, it allows us to interact with and understand our surroundings. For example, it allows us to know if objects are wet or dry, what the texture of an object is, or if something is soft or hard.



2 TASTE

Our sense of taste allows us to experience flavour, it allows us to make judgments on the things we put in our mouths, and may signal that we do not like a certain food, or it has gone bad.



3 SMELL

Smell is our olfactory sense; we can make judgments about our environments based on what we can smell, for example smelling some leftover food to see if it has gone bad.



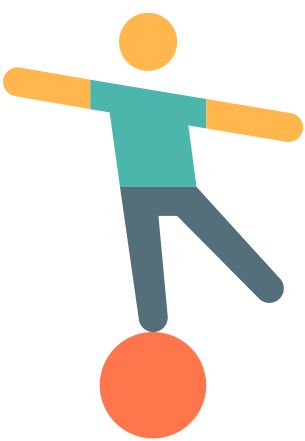
4 HEARING

Hearing allows us to listen to sounds; to detect their tone or pitch, which direction they are coming from, or volume.



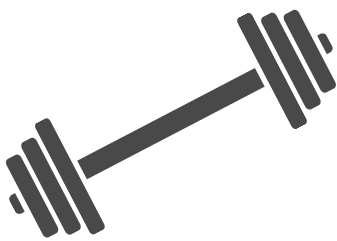
5 SIGHT

Sight is our sense of vision, it allows us to see our surroundings, know how close or far away things are from us, and make judgements based on visual stimuli.



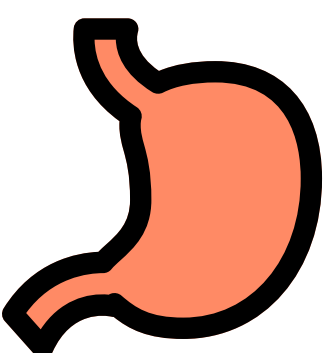
6 BALANCE (VESTIBULAR)

Our vestibular sense is our sense of balance, balance allows us to make postural adjustments which can prevent us falling over or bumping into things.



7 PROPRIOCEPTION

This is our sense of body awareness, it allows us to know where our body parts are positioned without looking at them.



8 INTEROCEPTION

This is our sense of our internal organs, this allows us to know if we are hungry or if we need the toilet.

