Vestibular

(inner ear controls how we respond to movement and keeps us oriented when moving or stationary)

Sensory systems

Auditory

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(recognition of sound)

Smell/Taste

Proprioception

(sensing where each part of our body is and how it is moving without needing to see it)

Interoception

Tactile

(response to light touch, pain and temperature through skin receptors)

(sensing internal signals from your body, e.g. a growling tummy indicating hunger, dry mouth for thirst, needing the toilet, feeling your heart race, physical sensations connected with emotions, etc.)

Vision

A picture containing silhouette

Description automatically generatedLogo

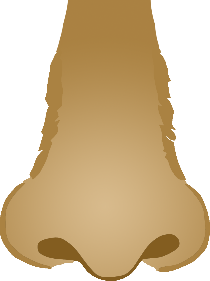
Description automatically generated with medium confidenceA picture containing handwear

Description automatically generatedA picture containing toy, doll

Description automatically generatedA picture containing shape

Description automatically generatedA picture containing text

Description automatically generatedA close up of a mouth

Description automatically generated with low confidence

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