

Sensory systems

Vestibular

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

Smell/Taste

Interoception

(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.)

Auditory

(recognition of sound)

Proprioception

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

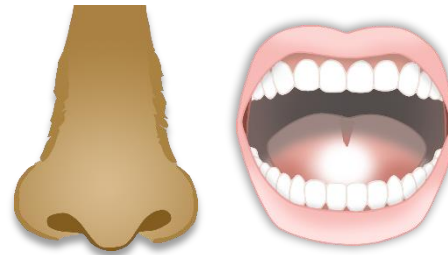
Vision

Tactile

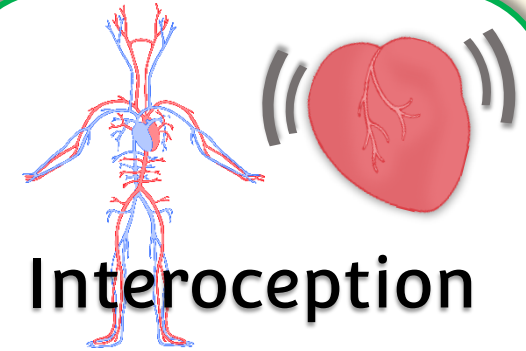
(response to light touch, pain and temperature through skin receptors)

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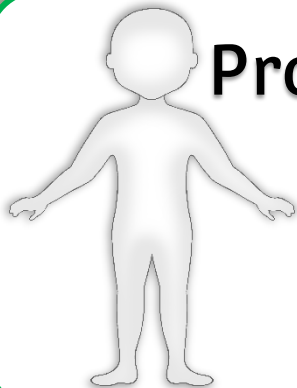
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