



Making Sense of Your Five Senses

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As soon as you get out of bed, your five senses are hard at work. The sunlight coming in through your window, the smell of breakfast, the sound of your alarm clock. All these moments are the product of your environment, **SENSORY ORGANS**, and your brain. The ability to hear, touch, see, taste, and smell is **HARD-WIRED** (built-in, attached) into your body. And these five senses allow you to learn and make decisions about the world around you. Now it's time to learn all about your senses.

SPELL PRODUCT BRAIN LEARN

What are we learning about today? **SENSES**

All the senses allow you to learn and make ___ about the world around you. **DECISIONS**

What was one of the sensory experiences listed that you have as soon as you get out of bed? **SUNLIGHT COMING IN THROUGH YOUR WINDOW, SMELL OF BREAKFAST, SOUND OF YOUR ALARM CLOCK**

What was one of the things I mentioned that these moments are a product of? **ENVIRONMENT, SENSORY ORGANS, BRAIN**

Question Type Key

KNOWN – **SEMI-OPEN** – **PRIOR KNOWLEDGE** – **MATH** – **OPEN** – **VAKT**

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Name two of the five senses. HEAR, TOUCH, SEE, TASTE, SMELL

How many senses are hard at work when you get out of bed? 5

Name another sense we have that you can think of, that was not mentioned in the paragraph.

What sense do you tend to experience the most strongly? Describe your experience with that sense.

Describe the senses the man in the photo may be experiencing during his morning routine.

Your senses connect you to your environment. With information gathered by your senses, you can learn and make more INFORMED (knowledgeable, educated) decisions. BITTER taste, for example, can alert you to potentially harmful foods. Chirps and tweets from birds tell you trees, and water are likely close. The sensory nervous system gathers and sends the constant flood of sensory data from your environment. This information about the color, shape, and feel of the objects nearby help your brain determine what they are.

SPELL CONNECT TWEETS GATHERS

What word means the same thing as knowledgeable or educated?

INFORMED

OR What is another word for informed? KNOWLEDGABLE, EDUCATED

What can bitter taste potentially alert you to? HARMFUL FOODS

What does the sensory nervous system constantly gather and send from your environment? SENSORY DATA

What was one of the pieces of information listed that may help your brain determine what something is? COLOR, SHAPE, FEEL

What may a barking noise alert you to?

What may seeing black clouds indicate?

Describe one thing in the room and share what senses you had to use to identify what that item was.



Your skin is the largest organ in the body and is also the primary sensory organ for your sense of touch. The scientific term for touch is MECHANORECEPTION. Touch seems simple but is a little bit more complex than you might think. Your body can detect different forms of touch, as well as VARIATIONS (changes, differences) in temperature and pressure. Fingertips can detect changes in texture and pressure, like the feeling of sandpaper or pushing a button. Arms and legs are covered in skin that best detects the stretch and movement of joints. The skin on your limbs also sends your brain information about the position of your body. Your lips and the bottoms of your feet have skin that is more SENSITIVE to light touch. Your tongue and throat have their own touch RECEPTORS, which tell your brain about the temperature of your food or drink.

SPELL ORGAN TOUCH DETECT

What is the largest organ in the body? SKIN

What is the scientific term for touch? MECHANORECEPTION

The skin on your limbs also sends your brain information about the ___ of your body. POSITION

Your tongue and throat receptors tell your brain about the ___ of your food or drink. TEMPERATURE

What is a synonym for variations that I mentioned? CHANGES, DIFFERENCES

What is one of the changes fingertips can detect? TEXTURE, PRESSURE

Name one of the areas that are more sensitive to light touch. LIPS, BOTTOMS OF YOUR FEET

Name a texture you know of that you may touch.

Choose one item that you touch in your daily life. Describe how you experience the sensation of touching that item.

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Speaking of food and drink, try to keep your mouth from watering during the discussion of the next sense. Taste (or GUSTATION) allows your brain to receive information about the food you eat. As food is chewed and mixed with saliva, your tongue is busy collecting sensory data about the taste of your meal. The tiny bumps all over your tongue are responsible for TRANSMITTING (transfer, pass on) tastes to your brain. These bumps are called taste buds. And your tongue is covered with thousands of them. Every week, new taste buds replace old ones to keep your sense of taste sharp. There are five basic tastes sensed by your tongue and sent to the brain. They are sweet, sour, bitter, salty, and UMAMI. The last taste, umami, comes from the Japanese word for “SAVORY.” Umami tastes come from foods like broth and meat.

SPELL TONGUE REPLACE COLLECTING

What sense does gustation refer to? TASTE

What is food chewed and mixed with? SALIVA

What are the tiny bumps all over your tongue called? TASTE BUDS

What language does “umami” come from? JAPANESE

Name two of the basic tastes sensed by your tongue. SWEET, SOUR, BITTER, SALTY, UMAMI

What is the capital of Japan? TOKYO

Which type of taste do you enjoy the most? What are some of your favorite foods within that type?



The third sense is sight (also known as vision) and is created by your brain and your eyes. Vision is often thought of as the strongest of the senses. That's because humans tend to rely more on sight, rather than hearing or smell, for information about their environment. What you “see” when you open your eyes is your brain's INTERPRETATION (explanation, analysis)

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of the light entering your eyes. To improve your vision, your eyes will adjust to let in the MAXIMUM (most) amount of light. This is why your pupils DILATE (grow larger) in the dark. That way, more light can enter the eye and create the clearest possible image in the brain. So, give your eyes all the light they require by reading, working, and playing in well-lit areas. This will ALLEVIATE (reduce, ease) stress on your eyes and make your vision clearer and more comfortable.

SPELL STRONGEST DARK AMOUNT

What dilate in the dark? PUPILS

What enters your eyes when you open them? LIGHT

What word means the same thing as reduce or ease? ALLEVIATE

What is the third sense we're talking about? SIGHT, VISION

Name one of the things mentioned that you should do in a well-lit area.

READING, WORKING, PLAYING

Name a part of the eye you know of.

Name an activity that you rely on strong vision for.

The scientific term for hearing is AUDITION. But this kind of audition shouldn't make you nervous! Hearing is a powerful sense. And one that can bring joy or keep you out of danger. When you listen to the voice of a loved one, your sense of hearing allows your brain to interpret another person's voice as familiar and comforting. The tune of your favorite song is another example of audition at work. Sounds can also alert you to potential HAZARDS (dangers, risk). Car horns, train whistles, and smoke alarms come to mind. Because of your hearing, your brain can use these noises to ENSURE (secure, guarantee) your safety.

SPELL AUDITION COMFORTING ALERT

What is the non-scientific name for audition? HEARING

Hearing is a ____ sense. POWERFUL

What can sounds potentially alert you to? HAZARDS

Your brain can use these noises to ensure your _____. SAFETY

Name one of the sounds listed that can alert you to potential hazards. CAR HORNS, TRAIN WHISTLES, SMOKE ALARMS

What is one of the things mentioned that your brain may interpret another person's voice as? FAMILIAR, COMFORTING

Name another sound you can think of that may alert you to danger.

Describe a time when you primarily relied on your hearing to make a decision.

The fifth and final sense is smell. OLFACTION, another word for smell, is unique because the sensory organ that detects it is directly connected to the brain. You need your sense of smell for a variety of reasons. Strong, UNPLEASANT (terrible, appalling) smells are great at warning your brain that the food you are about to eat is SPOILED. Sweet, agreeable smells help you feel at ease. Odors given off by the body (PHEROMONES) even help you bond with your loved ones. Whatever the scent, your brain and nose work as a team so you can enjoy it.

SPELL UNIQUE WARNING LOVED

What is your final sense? SMELL

What is the sensory organ that detects smell directly connected to? BRAIN

How did I say sweet and agreeable smells make you feel? AT EASE

Your brain and your nose work as a _____. TEAM

What is another word I mentioned for unpleasant? TERRIBLE, APPALLING

Name something else that you need your sense of smell for.

Compare and contrast how you think animals and people may use their smell differently.



It's rare that your brain makes decisions based on the information from a single sense. Your five senses work together to paint a complete picture of your environment. Reflect on how you feel when you're out walking. Take note of all the different sensations you experience. Maybe you see a colorful sunset. Or hear water rushing over rocks in a stream. You might touch fallen leaves. Paying attention to the convergence of your sense means you'll find it hard to go for a stroll without experiencing something new.

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Sources:

<https://askthescientists.com/senses/>