

## Defining the Senses

### 2 additional senses

- **Movement #1 - Vestibular Input:** The sensation that tells you where you are in relation to gravity. You can get vestibular input from rocking, swaying, spinning, and jumping, and any activity where your head changes position (upside-down, etc.)
- **Movement #2 - Proprioceptive Input:** The sensation that tells you where your body parts are and how your muscles and joints are working. You can get proprioceptive input from jumping, pushing, pulling, pounding, clapping, stomping, squishing, squeezing, and any activity which lets you really move your muscles and joints. Even chewing gives proprioceptive input.
- **Touch: Tactile Input.** The sensation that tells you what is happening to your skin. You can get tactile input by touching things with varying texture, temperature, stickiness, and wetness. You can get tactile input from foods of different temperature and textures.
- **Smell: Olfactory Input.** The input you get about the way things smell through your nose.
- **Taste: Gustatory Input.** The input you get from the receptors on your tongue about how things taste. These include sour, sweet, salty, and bitter. Spicy input also gives a particular sensation to the tongue and mouth.
- **Look: Visual Input.** The input you get about the way things look from your eyes. This includes color, pattern, brightness, and movement.
- **Listen: Auditory Input.** The input you get about the way things sound from your ears.