

Worksheet – The 8 Senses *(for 01 Discover Your Senses – An Introduction)*

Most people think we have five senses. That is also what we usually learn at school. But... there are more. In this activity you will learn about **eight** senses.

On the sheet you will find eight descriptions — paste the correct sense next to each one.

You can find the senses on the “8 Senses Cut-out Sheet”.

Sense	Paste the correct picture	What input can you think of?
Touch (Tactile sense) There are sensory receptors in our skin. You use them to feel whether something is smooth or rough, hard or soft, warm or cold.		
Smell (Olfactory sense) The nose is a sense organ. You smell tiny particles with it.		
Movement (Proprioception) There are sensory receptors in our muscles and joints. You use them to feel the position of your joints and to feel movements. This sense allows you to step up or down a curb without having to look at your legs or at the curb.		

Hearing (Auditory sense) You use your ears to perceive sounds.		
Sight (Visual sense) You use your eyes to see things.		
Balance (Vestibular sense) You use your balance organ, in your inner ear, to perceive information about how fast you move, the position of your head, and whether you are about to fall.		
Taste (Gustatory sense) You use your tongue to taste food and drinks.		
Interoception: Feeling from within This is the sense that helps you notice what is happening inside your organs and other tissues of your body. For example: your stomach (feeling hungry), bladder (feeling a full bladder), heart (how fast it beats), and intestines (feeling cramps).		