

Worksheet – Possible Sensory Input

(for 01 Discover Your Senses – An Introduction)

Tactile input

Feel, dry, soft, rough, prickly, grainy, woolly, tingly, ridges, smooth, dent, cold, warm, wet

Smell: Olfactory input

Smell, sweet, rotten, to smell, sharp, aroma

Movement input

Sitting, lying down, rolling, jumping, walking, doing, muscles, joints, coordination, flexible, clumsy, slow, slow motion

Hearing: Auditory input

Sound, amplify, thunder, whisper, loud, quiet, shrill, hear, hard, rhythmic, echo, high/low, shout, silence, noise, listen

Visual input

Light, dark, bright, dazzling, dull, far, see, nearby, double, blurry, bling, view

Balance (vestibular) input

Wobbling, falling, staggering, balance, stopping, starting, stable, faster, slower, swinging/spinning

Taste input

Sweet, salty, sour, bitter, umami, taste, spoiled, sharp, spicy/hot

Interoceptive stimuli: Feeling from within

Hunger, thirst, scared, in love, nervous, anxious, happy, angry