

Sensory Systems



Visual System (Sight)

- detects light, color, shape & movement
- spatial awareness
- reading & recognizing objects/faces
- Coordination with motor systems



Proprioception System (Body position)

- where your body is in space
- movement accuracy
- motor planning
- prevents injury by monitoring limb position



Olfactory System (Smell)

- helps with flavor perception
- can trigger emotions and memories
- helps with safety awareness (detecting smoke for safety, spoiled food, etc.)



Auditory System (Hearing)

- speech and language comprehension
- detecting pitch, tone, and rhythm,
- environmental awareness



Gustatory System (Taste)

- flavor differentiation (sweet, sour, salty, bitter, umami (savory-proten rich))
- appetite regulation
- protective reflexes (e.g., avoiding bitter toxins)



Tactile (Touch)

- senses pressure, temperature, pain, and vibration.
- controls fine motor skills
- protective responses (e.g., withdrawing from pain)
- emotional bonding via touch (hugs, holding hands, touching arm)



Interoception (Internal State)

- physiological awareness (hunger, thirst, heart rate, breathing, temperature, fatigue, nausea/illness)
- anxiety, racing heart
- fight or flight response
- safety and survival



Vestibular System (Balance)

- balance and posture
- coordination of eye movements
- spatial orientation

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