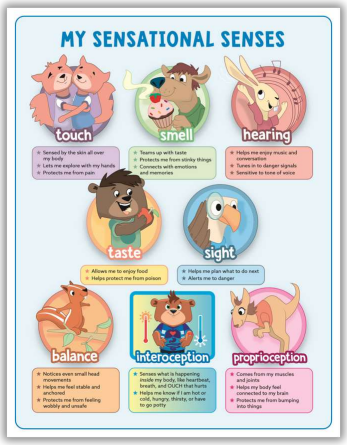
Better Together

Why Do We Have Senses?



Today we talked about why we have senses.

We learned that our eight senses are like superhero tools that help us stay safe, make good decisions, and enjoy the world. We even saw how animals use their amazing senses to survive in the wild!

Key Themes

- Our senses try to keep us safe
- Our senses help us enjoy the world around us

Keep Growing Those Brains

Our senses interact with the world in diverse and fascinating ways. Take a trip to the local library and explore with your child through picture books written by autistic authors. You can find a curated list by scanning this QR code:

www.autismbooksbyautisticauthors.com/picture-books-and-early-readers

Try It Together: Sensory Exploration

Have fun exploring with your senses and discuss what you notice along the way!

- **Touch:** Find something soft and something rough
- **Smell:** Identify something that smells sweet and something stinky
- **Hearing:** Listen for a quiet sound and a loud one
- **Sight:** Spot something colorful and something shiny
- **Hidden senses:**
  - Walk along a straight line or try balancing on one foot (This uses one of our hidden senses that is in charge of **Balance**.)
  - Push against a wall with all your strength and then notice how your muscles feel (Does your student remember the big, funny word for the hidden sense that comes from our muscles? It's called **Proprioception**.)

Quick Guides for Your Family

Learn more about our senses with this 5 minute video.

Here's a video all about animals and their sensational senses!

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