

A SENSORY SYSTEM: OUR 8 SENSES ALL WORK TOGETHER

Say What? Eight Senses? Yep...and they all work together! We talk about five senses all the time: see, hear, smell, taste, and touch. Well, there are three more!

- **Vestibular:** Balance
- **Proprioception:** Movement, body awareness
- **Interoception:** 'State of being' (I am hungry) and 'How I'm feeling' (I am scared)

Do you know anyone that is super sensitive to loud sounds or bright lights? Someone that has a very sensitive sense of smell? Challenges to our sensory system can be overwhelming.

This month we introduce you to our eight sensory systems.



To get started, take our Fantastic Fact - Super Sense Power Quiz below to test your sensational knowledge. Check out the Saltillo Super Sensation Sensory Cards downloadable at Saltillo.com.

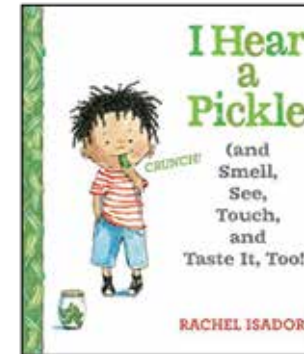
Saltillo WordPower™ vocabularies support identification and communication about our senses.



JANUARY 2020

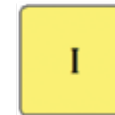
Storytime

I Hear a Pickle by Rachel Isadora



Explore five senses with a sense of humor mixed in. We experience the world through our senses. We hear with our ears, smell with our nose, see with our eyes, taste with our tongue, and touch with our skin. What does a pickle have to do with all this? **Read to find out!**

Words to Model:



Test Your Knowledge

Fantastic Fact - Super Sense Power Quiz

Test your sense power!
How sense-ational are you?

1. SEEING: Which animal has the largest eyes in the world?	<ul style="list-style-type: none"> • Giant squid • Elephant • Horse
2. SEEING: The eye (of answer #1) is as big as a:	<ul style="list-style-type: none"> • Football • Bowling ball • Watermelon
3. HEARING: Which creature has the best sense of hearing? Superb hearing helps them escape their main predator.	<ul style="list-style-type: none"> • Bat • Dog • Moth
4. SMELLING: Which animal has the greatest sense of smell? 21,000 times greater than a human!	<ul style="list-style-type: none"> • Fox • Bear • Tiger
5. TASTING: Which creature has the most taste buds? 100,000 more than a human!	<ul style="list-style-type: none"> • Fox • Catfish • Chicken
6. BONUS QUESTION: How many taste buds does a chicken have?	<ul style="list-style-type: none"> • 24 • 240 • 2400
7. TOUCHING: Which animal communicates through sound and touch?	<ul style="list-style-type: none"> • Spider • Dolphin • Goldfish

Answers: 1. Giant Squid. 2. Football. 3. Moth. 4. Bear. 5. Catfish. 6. 24. 7. Dolphin.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER 2019

FEBRUARY 2020

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New Year's Day

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Martin Luther
King Day

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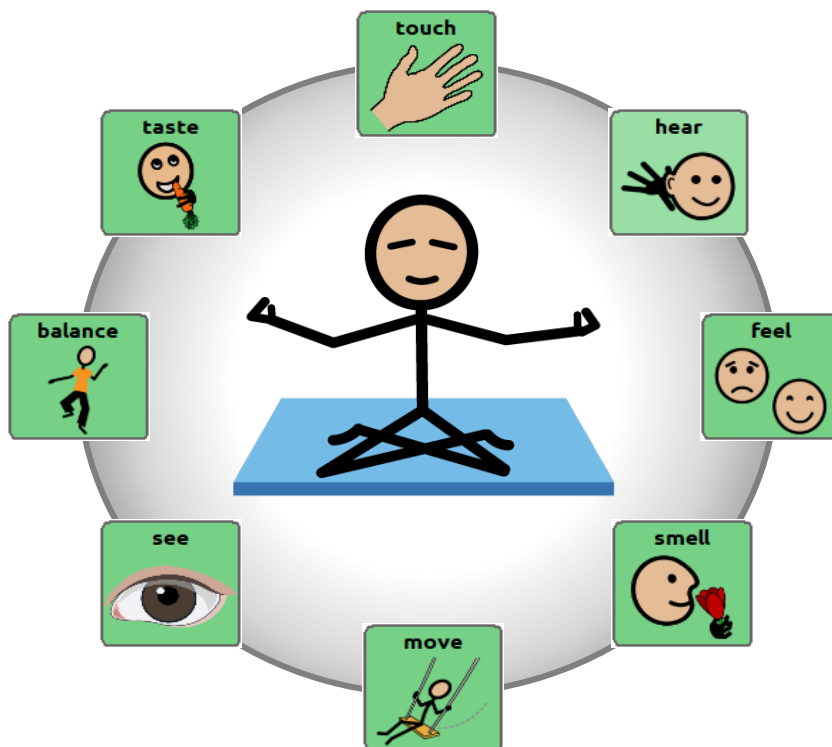


For bonus sensory
regulation tips
and activities,
scan this code!

Practice sentences for Sensory Seekers and Avoiders- January – A Sensory System

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Salttillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



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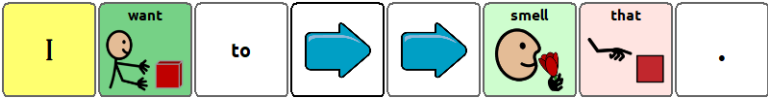

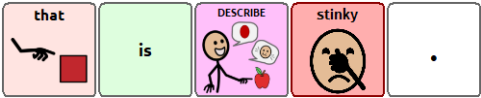
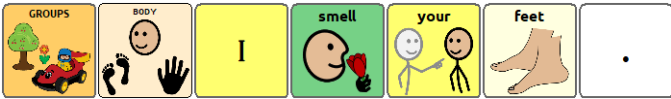
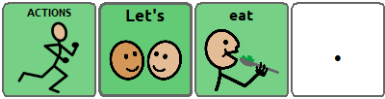
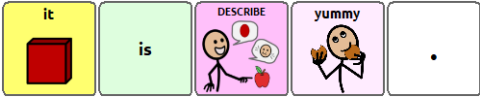

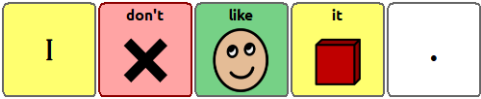



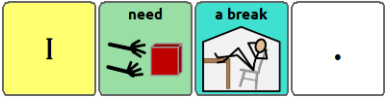


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January- A Sensory System	
	Active (Sensors and Seekers)
Seeing	<p>I want to see that one.</p> <p>I want to show you.</p> <p>(BODY) I see with my eyes.</p>
	<p>Turn it off.</p> <p>I need my (SENSORY) sunglasses.</p>
Hearing	<p>I love listening to music.</p> <p>I want to hear more.</p> <p>(BODY) I hear with my ears.</p>
	<p>(SOCIAL) Be quiet.</p> <p>I need my (SENSORY) headphones.</p>



Sensory Practice Sentences

<p>Smelling</p>	<p>I want to smell that.</p>  <p>(BODY) I smell with my nose.</p> 	<p>That is (DESCRIBE) stinky.</p>  <p>(BODY) I smell your feet.</p> 
<p>Tasting</p>	<p>(ACTIONS) Let's eat.</p>  <p>It is (DESCRIBE) yummy.</p>  <p>(BODY) I taste with my tongue.</p> 	<p>I don't like it.</p>  <p>I don't like eating pudding.</p> 
<p>Touching</p>	<p>I need a hug.</p>  <p>(BODY) I touch with my hand.</p> 	<p>I need to take a break.</p>  <p>(SOCIAL) No way! I don't want to</p> 