

WE HAVE TEN SENSES
Martha Eddy 2017

YES we have 5 senses! The external that tell us about the outer world.

AND we have 5 more! – The internal senses that tell us about ourselves - our own bodies.

All ten work together to respond to our friends, our families, our world.

WHAT ARE OUR TEN SENSES?

The Five EXTERNAL SENSES of Outer Awareness = the parts of our bodies that tell us about the world we interact with. They help us to be aware of what is going on around us and our relationship to it.

	<u>Sense</u>	<u>Body Part</u>	<u>Grown-up/Anatomical Term</u>
1	Smell	Nose	Olfactory
2	Taste	Mouth, Tongue	Gustatory
3	Sight	Eyes	Visual
4	Hearing	Ear (cochlea)	Auditory
5	Touch	Skin	Haptic/Tactile

**The Five INTERNAL SENSES of Body & Movement Awareness:
As proposed by Martha Eddy, CMA, RSMT, EdD of the Center for Kinesthetic Ed.**

- | | |
|------------------------|---|
| 6. Tension Sense | Muscle Tension |
| 7. Body Shape/Position | Angles of our Joints (closed or open) |
| 8. Stop/Start Sense | Activation of inner ear, registration in muscles & joints |
| 9. Posture Sense | Interaction of graviception, joints, muscles, eyes |
| 10. Tilting Sense | Off Vertical: Eyes & Inner Ear – Labyrinths |

LEARN MORE ABOUT THESE INTERNAL SENSES ON THE NEXT FEW PAGES

EXPLANATORY NOTES FOR WE HAVE TEN SENSES CHART

Created by Martha Eddy in 2016

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The Internal Senses of Body Awareness = senses that help us feel our own bodies. These are the parts of our bodies that tell us about our sensations inside our bodies and how we moving – our actions (also known as non-verbal behavior):

	<u>Sense</u>	<u>What it does</u>	<u>What part of me does it</u>
6	<u>Tension Sense</u>	<u>Muscles are tight or loose</u>	<u>Muscle fibers</u>
7	<u>Body Shape/Position Sense</u>	<u>Are my joints making a closed or open shape? What position am I in?</u>	<u>Joint sensors</u>
8	<u>Stop/Start Sense</u>	<u>Our inner ear, muscles & joints</u>	<u>Otoliths (utricle and saccule)</u>
9	<u>Standing Tall Sense</u>	<u>Am I standing tall with good posture?</u>	<u>Gravity sensors & eyes (optical righting) with Muscles and Joints</u>
10	<u>Tilt – Fall Sense</u>	<u>Am I off-vertical about to fall? Finding balance</u>	<u>Eyes & Inner Ear – Labyrinths</u>

Places to Point to Learn (SING ABOUT) these Senses:

- | | |
|------------------------|-------------------------------------|
| 6. Tension Sense | Make a fist |
| 7. Body Shape/Position | Touch your flexed elbow |
| 8. Stop/Start Sense | Point inside your ear |
| 9. Posture Sense | Point up as you lengthen your spine |
| 10. Tilting Sense | Tilt your head AND stay on balance |

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Questions to ASK to wake up our INNER AWARENESS/Body Sense:

Muscle Tension Sense – am I tight or loose?

Body Shape/Position - are my joints stretched big or closed small?

Stop/Start Movement Sense – am I still or am I moving? How fast or slow?

Posture Sense – am I sitting or standing tall? Where are my eyes pointing

Tilting & Balance Sense – how far can I tilt before I fall? Can I catch myself?

IN REVIEW: What parts/ apparati of our bodies provides these types of INNER AWARENESS SENSES?

<u>Proprioception (feeling our bodies position) = Body Sense</u>	<ul style="list-style-type: none">• Tension (muscles)• Tightness Sense (muscle receptors)• Body Joint Angles Position Sense (Joint receptors)
<u>Kinesthesia (feeling while moving) = Movement Sense</u>	<ul style="list-style-type: none">• Stillness/Movement (Stop/Start/Speed)• Movement Sense – Otiliths (Utricles and Sacculles) of the Inner Ear
<u>Together with Vision: (moving without falling) = Sense of GRACE</u>	<ul style="list-style-type: none">• Postural Sense: Standing Tall• Proprioception with Eyes: Tilting & Balance, Falling & Recovering• Balance Sense (Equilibrium)• Inner Ear – Vestibular with entire body sense

Related Vocabulary:

Proprioception or “Felt Sense” = Bodily awareness or Body Sense

SomatoSensory Cues

Alignment// Uprightness/Verticality/Axis

Interoception (includes Visceral receptors)

Muscle Spindles

Golgi tendons

Graviception

Orientation

Organs of Equilibrium

Kinesthesia or “Movement Sense” is the awareness of your body while moving. This “awareness in motion” requires all of the above sensory information in interaction. Indeed every sensation has a movement response. Next lesson is on the sensory-motor loop.

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