

Module 1: Video 1 Transcript, Multisensory Learning

Introduction to our Sensory Systems



Our sensory system helps us to experience, to understand, to interact in, to communicate with and to enjoy the world around us.

Our eyes, ears, nose and skin, detect changes in the environment around us and this information is what we call a sensory stimulus.

This sensory stimulus travels through the nerve cells to the brain, which then interprets and make sense of the stimulus and coordinates your response to it, often referred to as sensory integration.

As we grow, we develop the ability to 'regulate' this sensory information - to decide what we need to act upon and what we can forget, often referred to as sensory regulation.

We are all multi-sensory beings and vision is the sense we use most of all, but this visual stimulus is reinforced by all our other senses. Our hearing and our sense of touch reinforces what we see, and this increases the sensory information we experience. This enriched multi-sensory information enables you to decide: is this experience safe, enjoyable, unpleasant, too strong or undetectable?

So, think of the seven senses: vision, hearing, touch, taste, smell, vestibular and proprioception, the movement senses. That's your sensory system helping you to experience and understand the world around you.