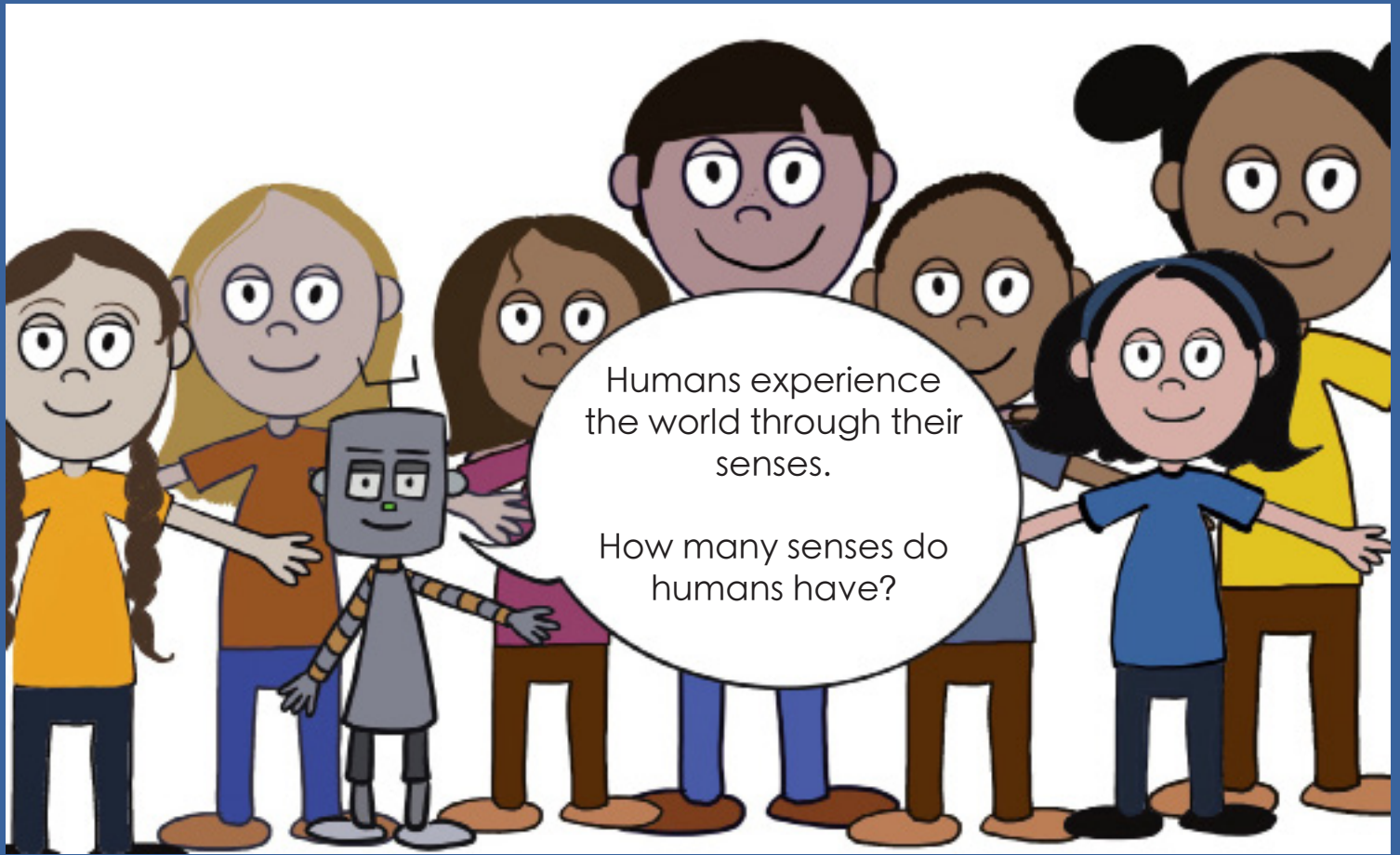
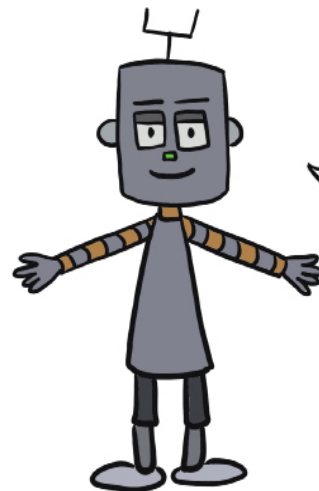
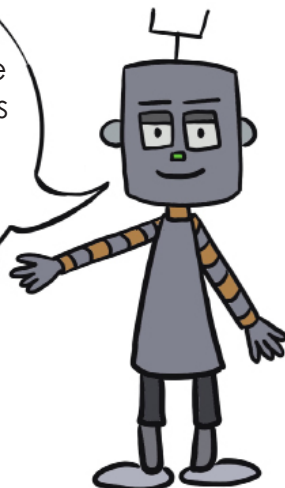


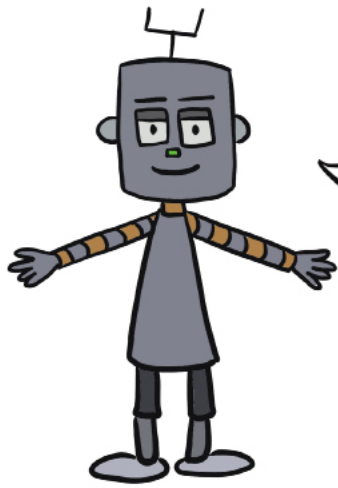
Making Even More Sense of Humans



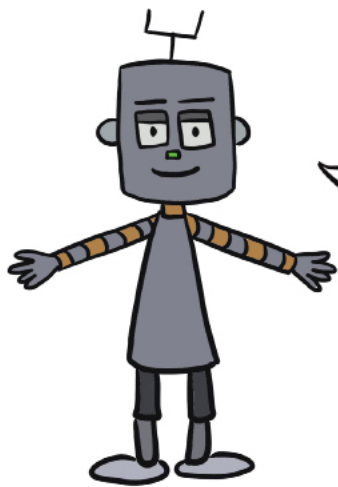
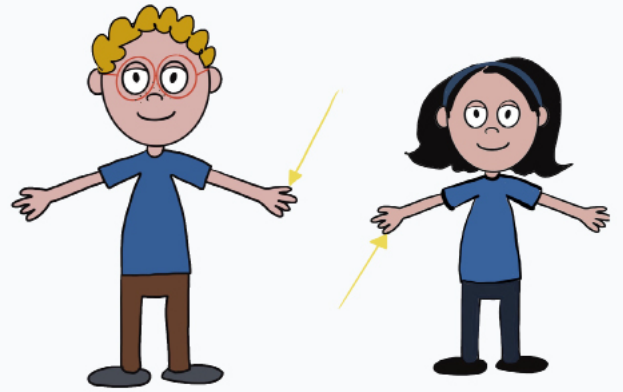
Hmmm...
I have been researching this to help me understand humans. Guess what? Scientists cannot agree on how many senses humans have!!



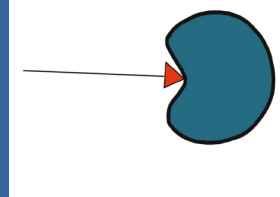
So we are going to focus on the eight really important sense systems that humans have.



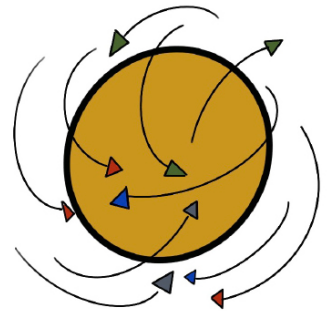
The first one is the sense of TOUCH. Messages from our skin are sent up to our brain to tell us about things we are touching.



Touch information tells us about what things feel like: Rough, smooth, hard, soft, hot, cold and so on.



Every human has touch sensations they like or dislike.



As humans are all different, each of us experiences touch sensations differently. One person might like the sensation of holding a cotton wool ball but their friend might not like that sensation at all.

For some people, a touch sensation can actually hurt them so much that they become very upset, but their friend does not mind the sensation, in fact they quite like it. If you find being touched painful, you might get scared about being touched by other people, especially if you are not expecting to be touched.



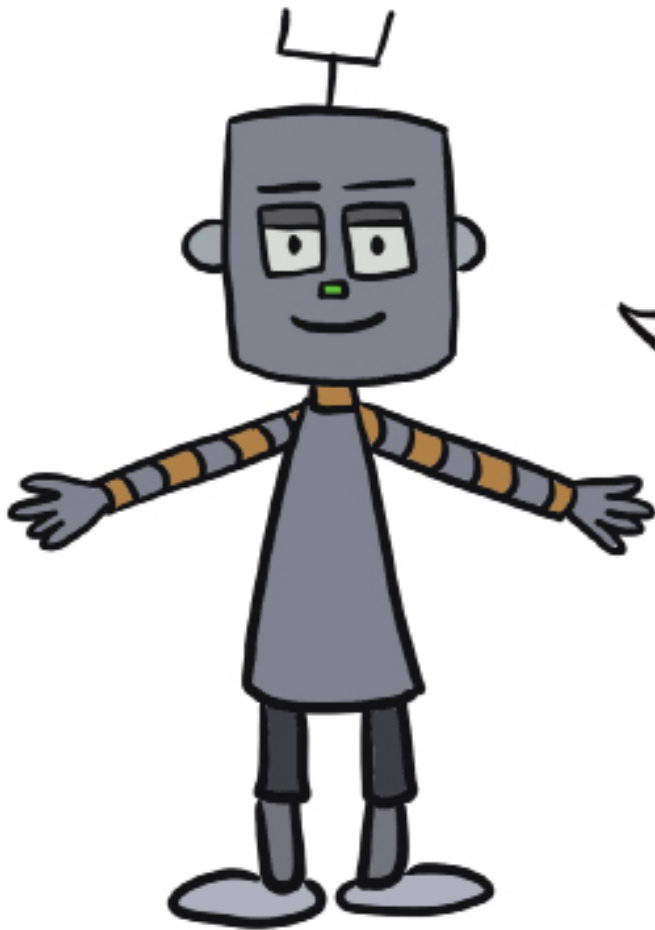


Some humans might really need to touch an object in order to understand exactly what it is.

Other humans might seek out objects to touch, because they get a good feeling or a feeling of safety when they touch that object.

It might be a favourite toy or just something like a ruler or a pencil case. Sometimes touching a comforting object can help a person to think and to be better at concentrating.

The sense of touch is called the TACTILE sense.

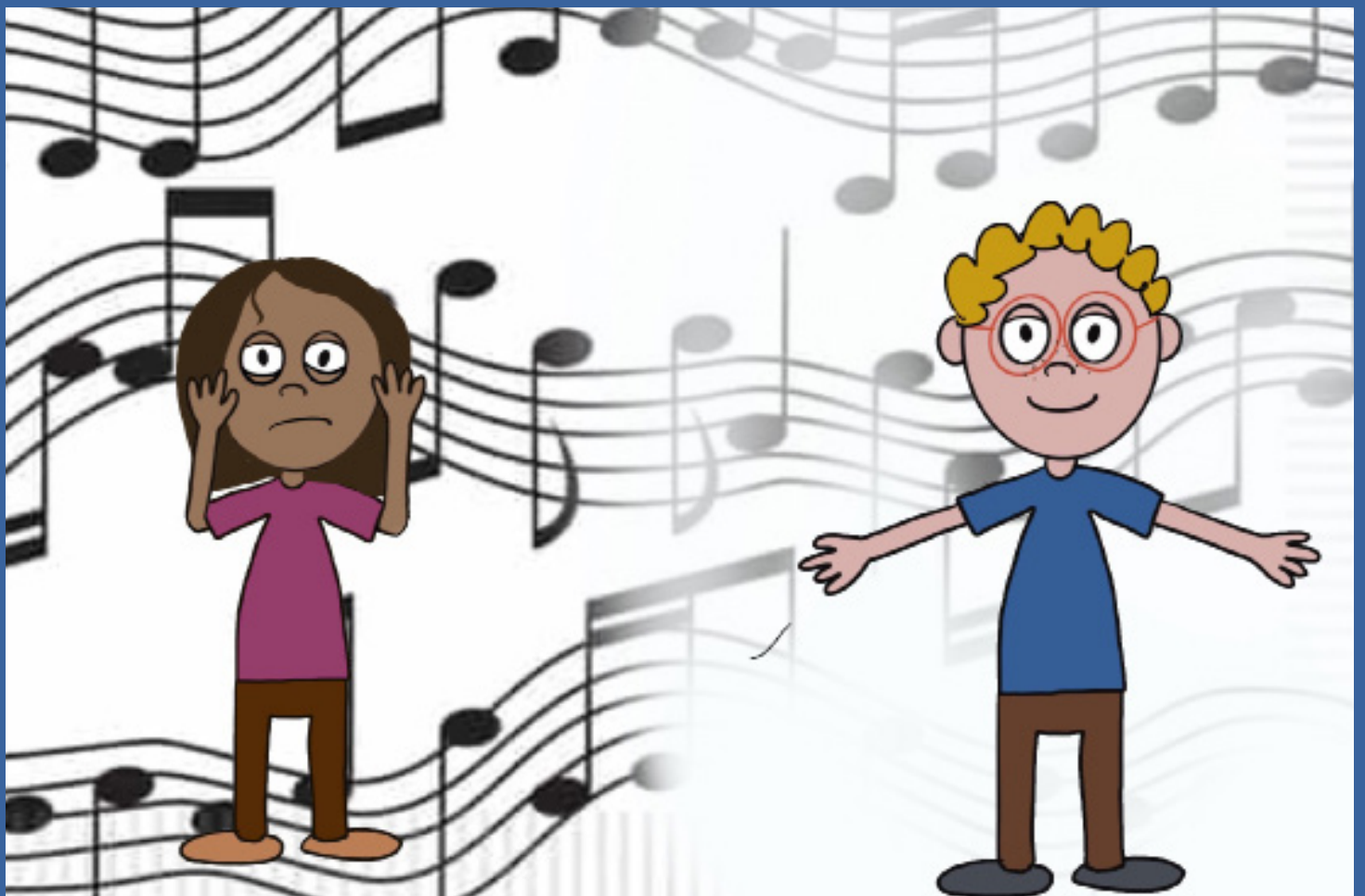


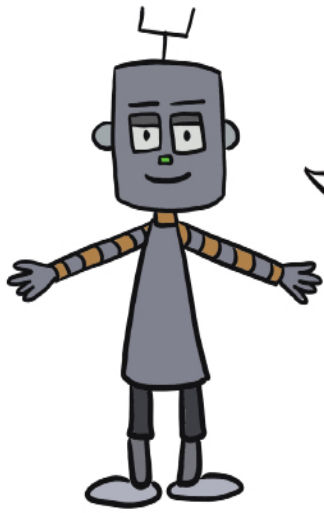
Next we are going to think about HEARING.

Our ears pick up sounds in the environment. We all have some sounds that we like and others that we do not like. These two humans are listening to the same music.

For the boy, the music sounds lovely and he is enjoying it. The girl is covering her ears because the sound of the music is hurting her ears.

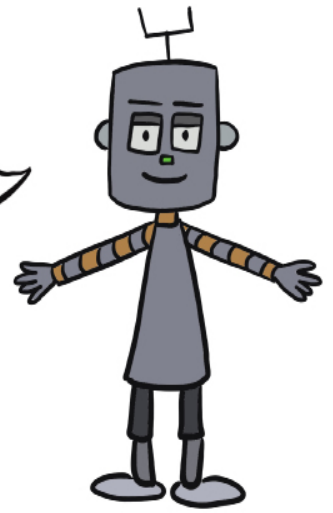
They are in the same place listening to the same music but they are having very different experiences.



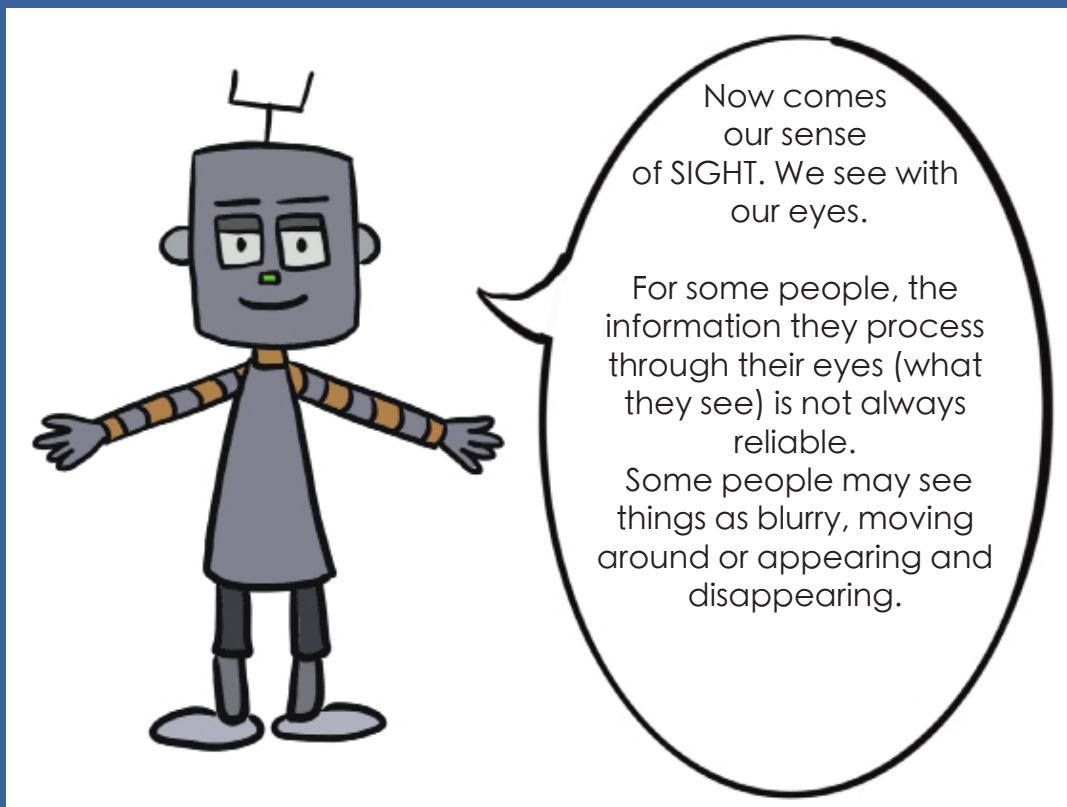


Some people who find sounds painful make sounds themselves. They do not have to worry about sounds that might hurt them, as they are focusing on their own sounds.

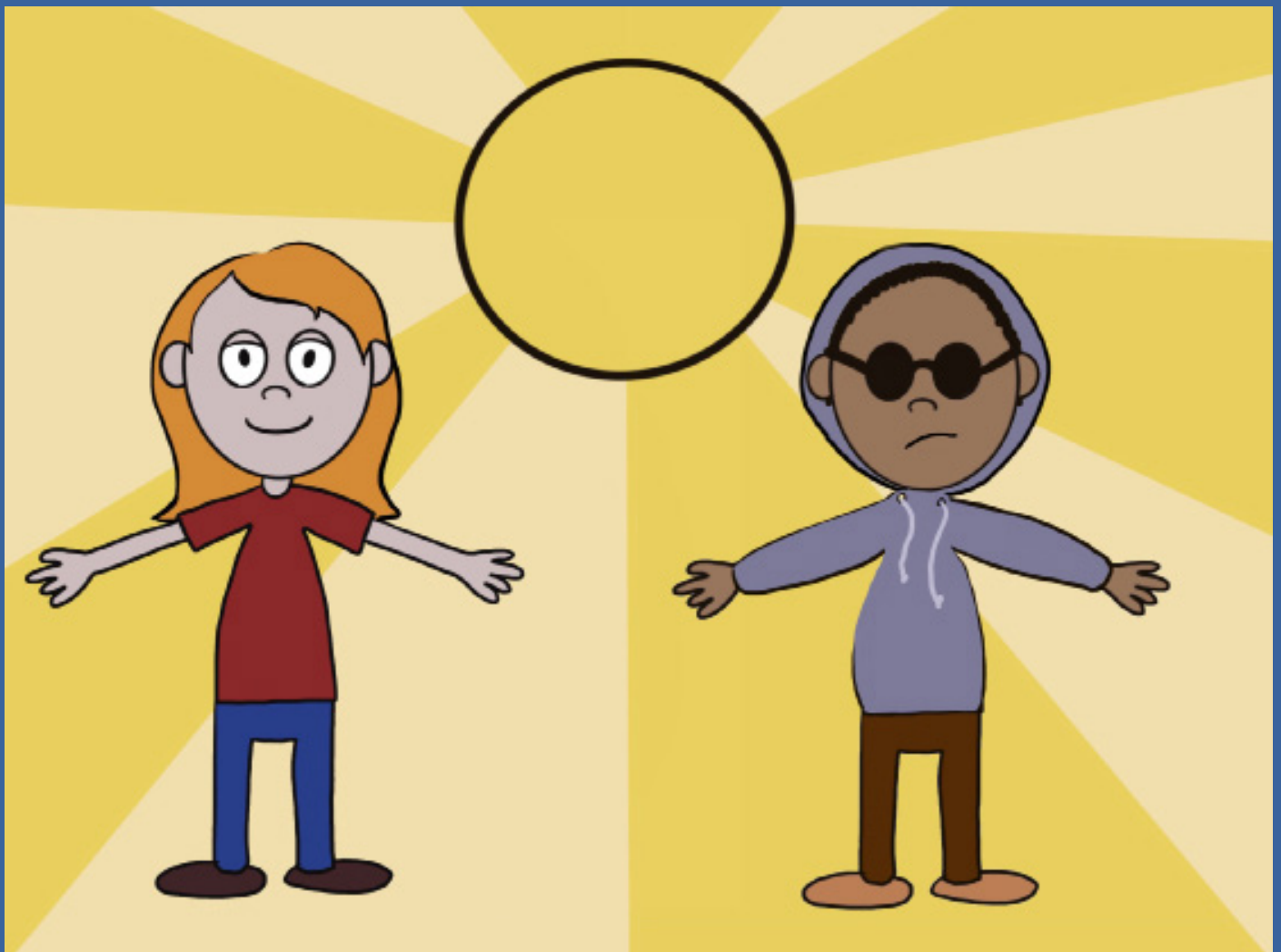
Sometimes making your own sounds can be comforting and make you feel safe. Sometimes it can make it easier to focus on working.

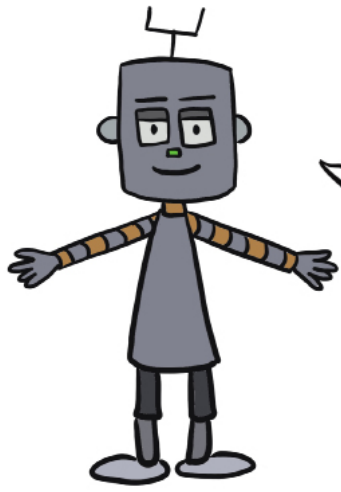


The sense of hearing is called the AUDITORY sense.

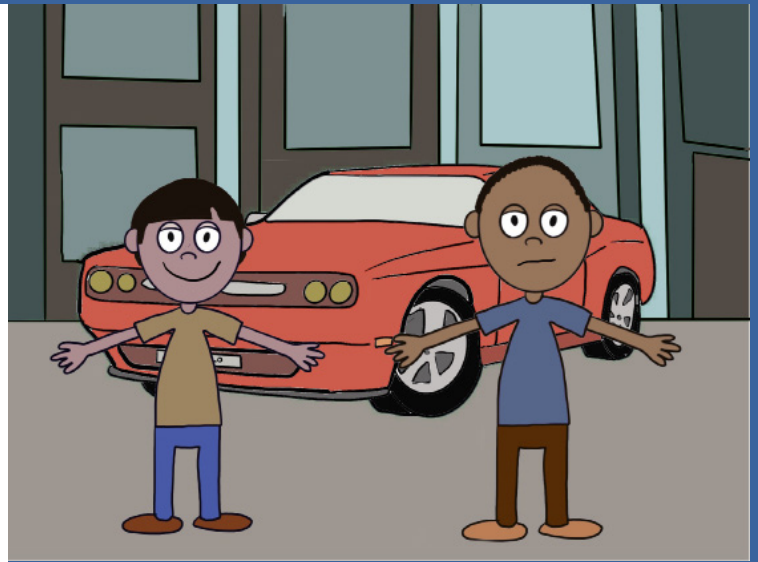


For some people, bright light is really painful for their eyes and they may want to wear sunglasses. Some people wear hoods as that can reduce the amount of light and visual information that their eyes have to process.



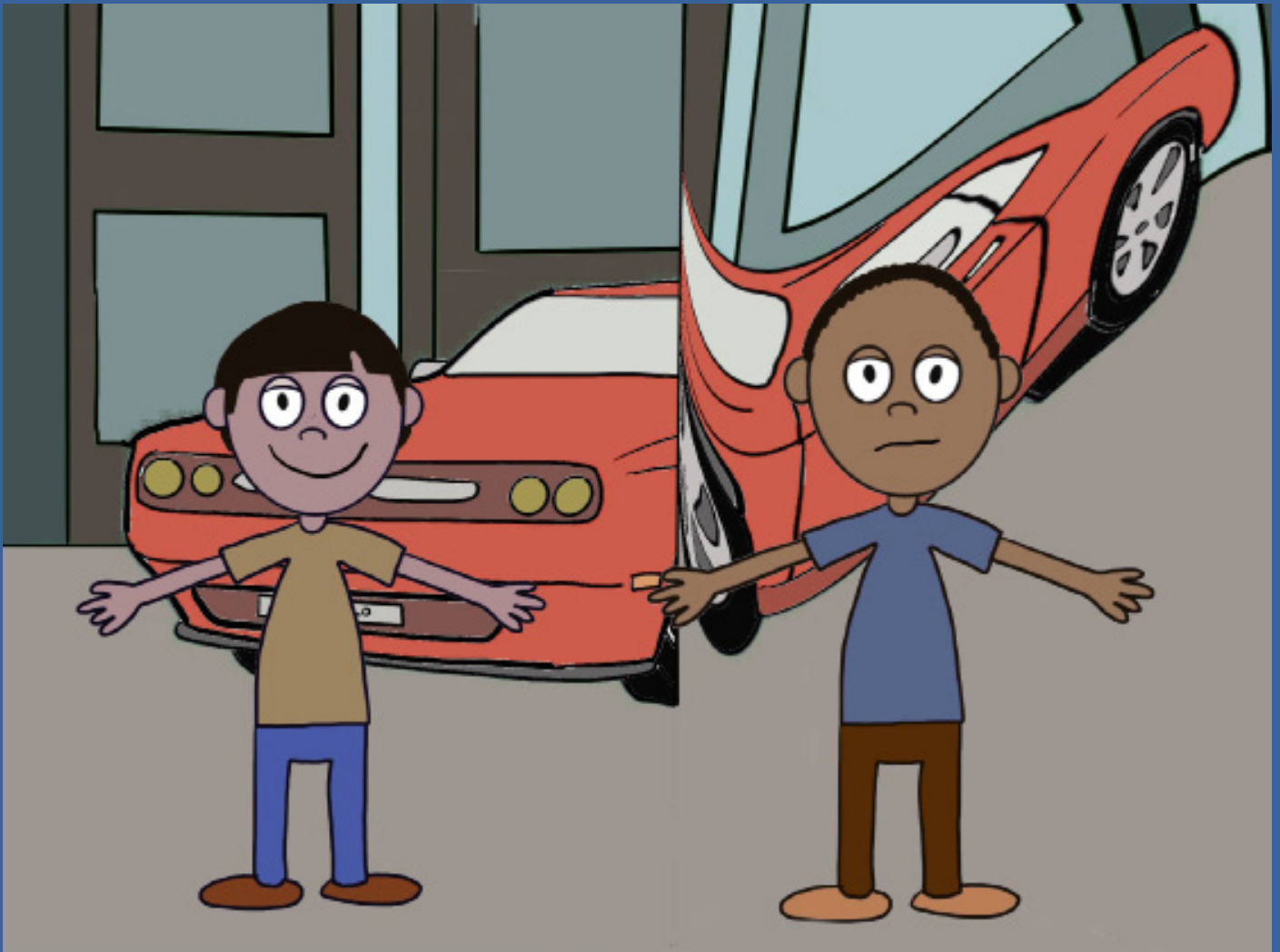


These two humans are in the same place but their eyes may pick up different information from the environment.

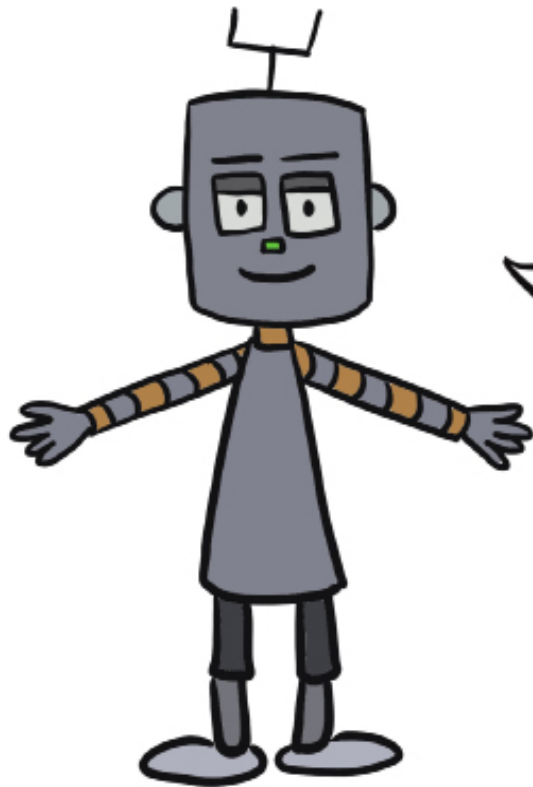


This boy sees everything as stable and reliable.

For this boy, what he sees can appear blurry and unstable.



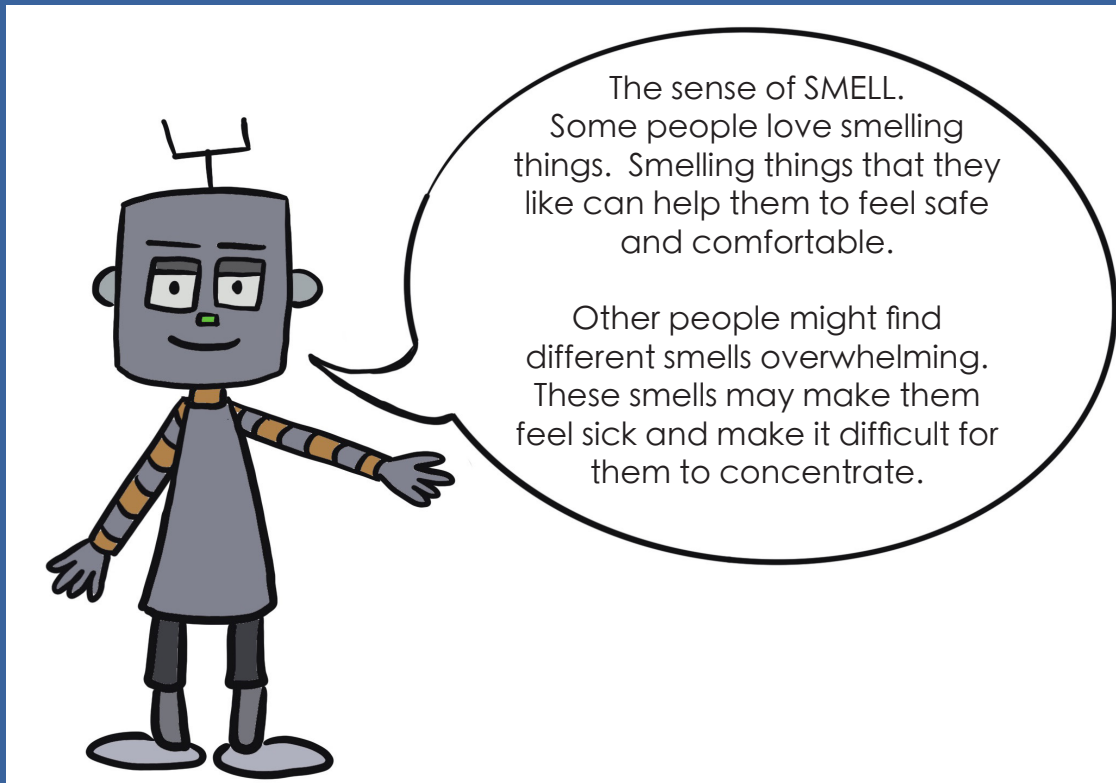
The sense of sight is called the VISUAL sense.



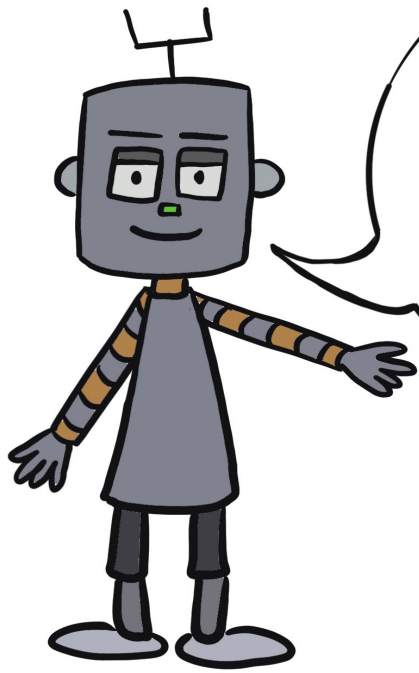
Some people feel really happy and calm and can concentrate better when they get to look at colours and patterns they like.

Some people are really good at noticing the details and patterns in their surroundings.



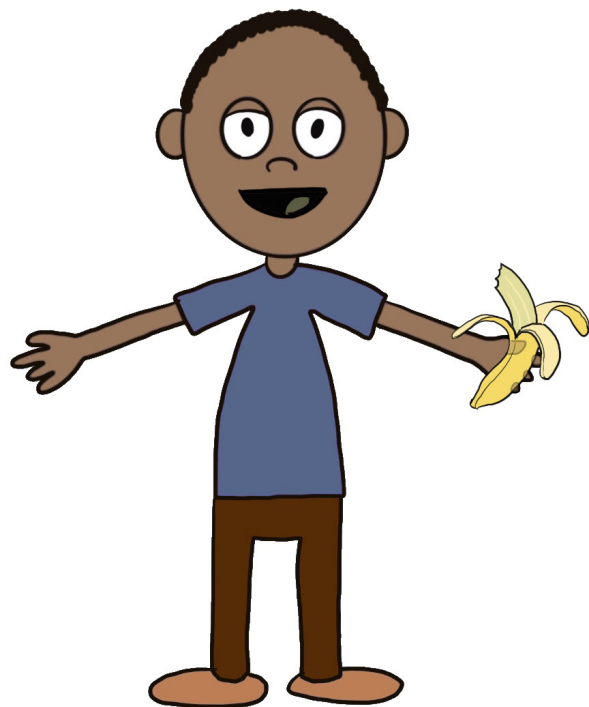
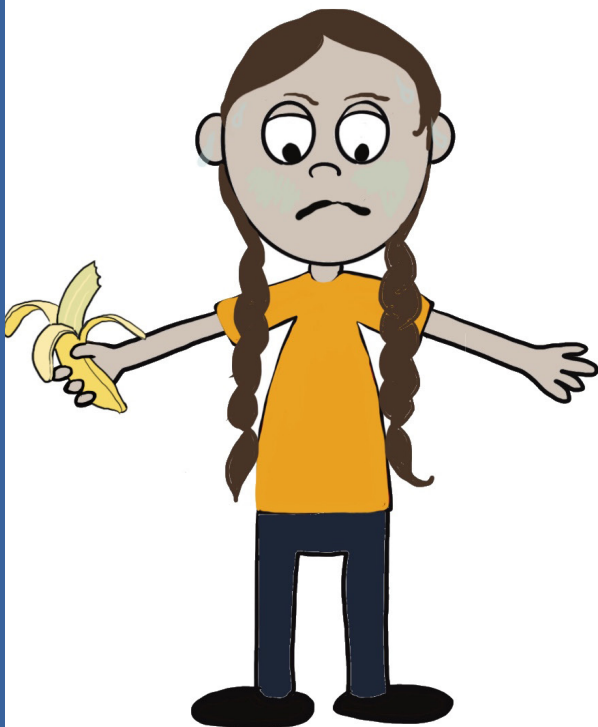


The sense of smell is called the OLFACTORY sense.



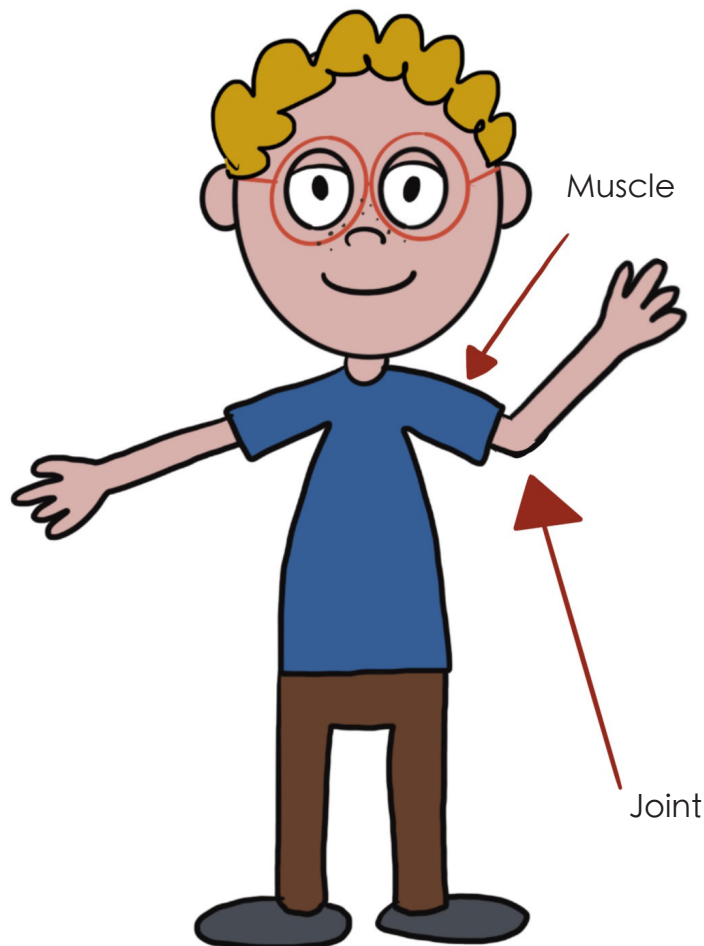
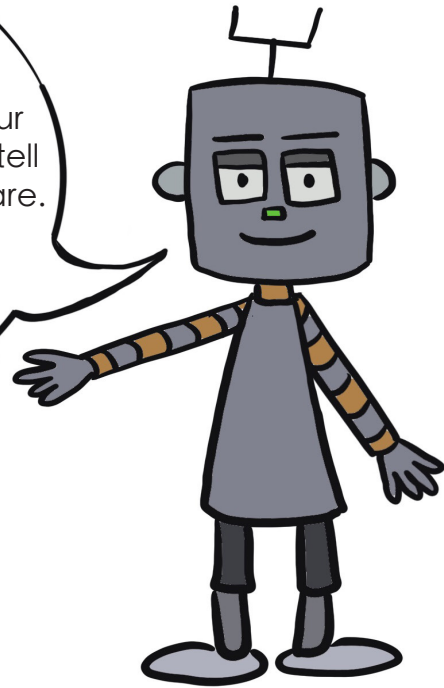
Some people like the sensation and taste of different foods. For many of us, eating crunchy foods like carrots can help us to feel focussed and calm.

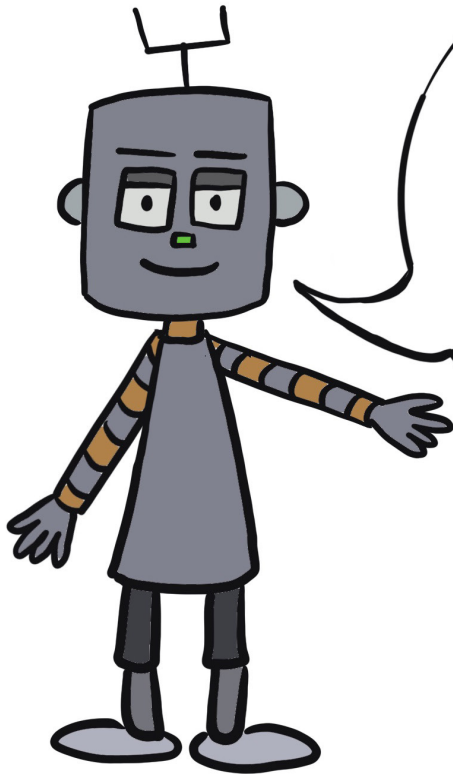
Some people can feel very scared and anxious about food. They may find the sensation of that food in their mouth or the taste of it so uncomfortable that they cannot eat it.



Close your eyes,
stretch your arm out straight
and touch your nose.
Humans can do clever
things like this because messages from your
muscles and joints go up to your brain and tell
you where the different parts of your body are.

These messages help you to know where
your arms and legs are
and what you are doing
with them!

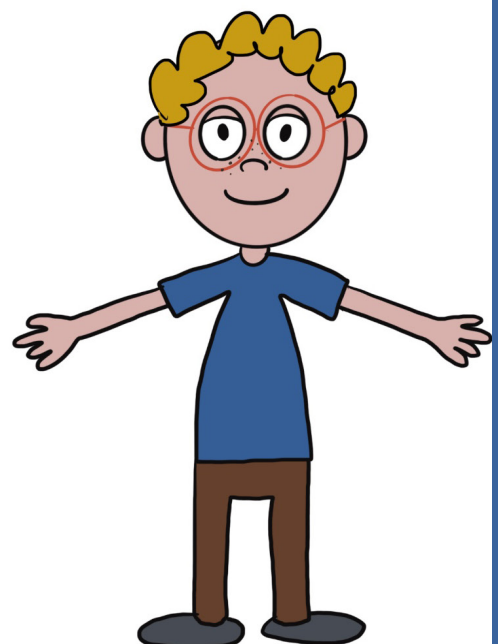
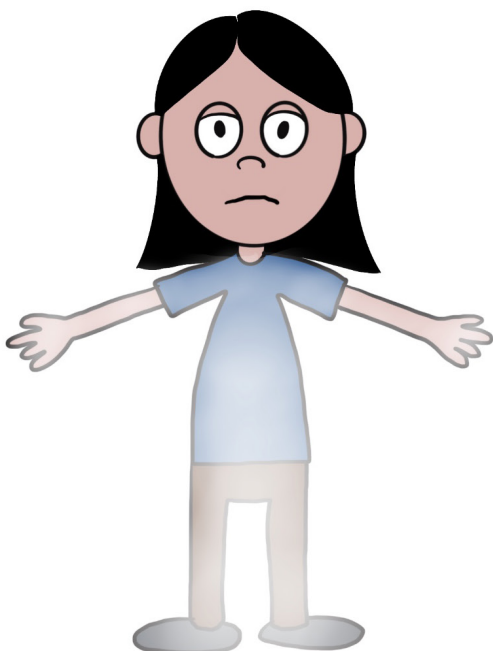


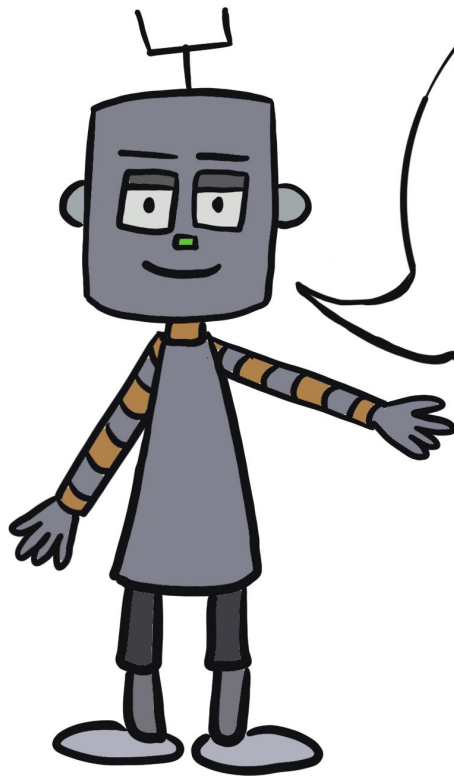


For some people, the messages from their muscles and joints are a bit quiet. Some people do not receive a strong message in their brain so they have a sort of blurry feeling about where their body is and where their arms and legs are.

The sense of knowing where your body is is called the **PROPRIOCEPTION** sense.

The signals this girl gets from her body are too quiet! She does not have a clear sense of where her body is. She often feels scared and confused.



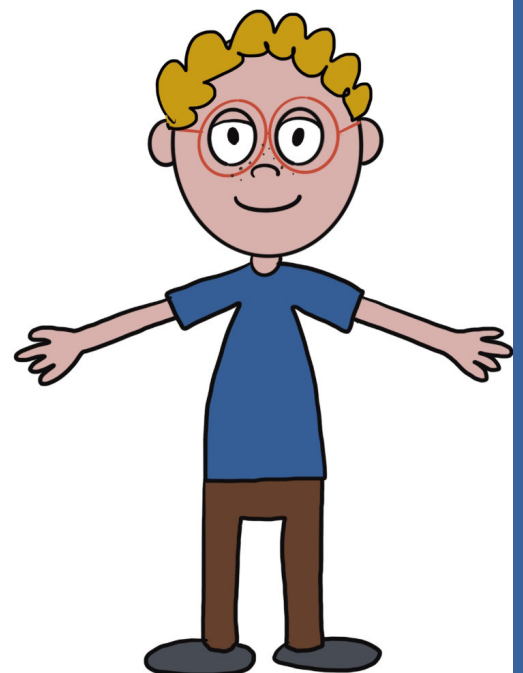
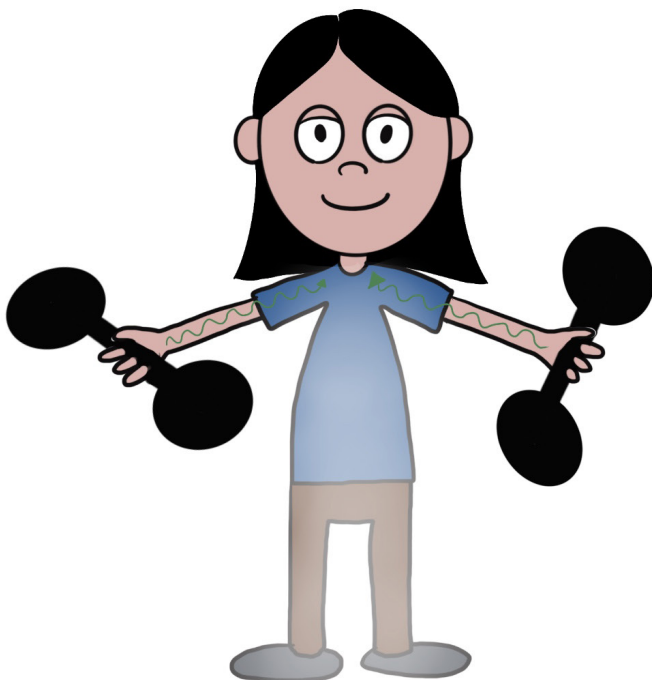


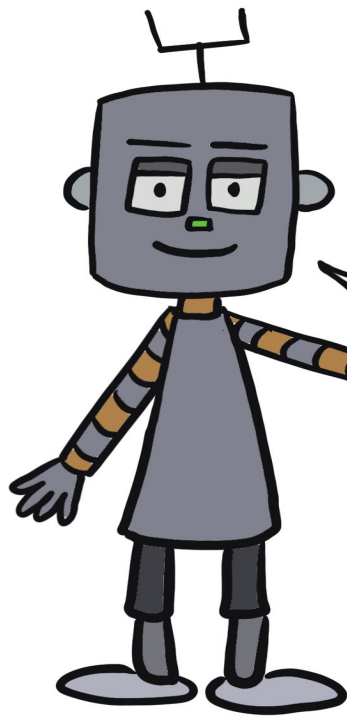
People who do not have a clear sense of where their body is need to move their body in order to get their muscles and joints working so as to get stronger signals going to their brain.

Moving is good for all humans. Movement helps them to know where their body is, to connect with their body, and this helps them to feel safe and calm.

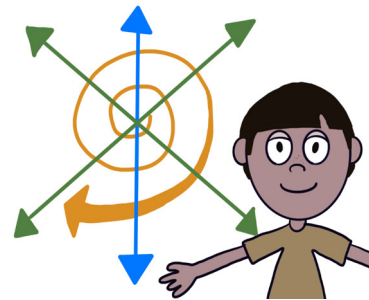
Having the opportunity to move helps humans to focus on learning.

When this girl moves her body and makes her muscles work, she gets stronger signals going to her brain. This helps her to have a clearer sense of where her body is, to focus in class and to connect with her classmates.

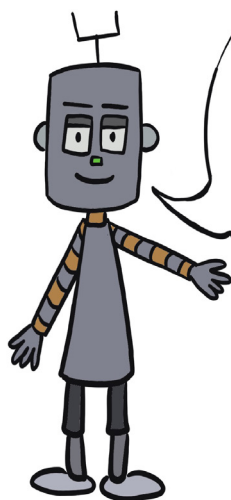




Humans have a special sense that tells them about gravity, movement and balance!



The sense of gravity, movement and balance is called the VESTIBULAR sense.

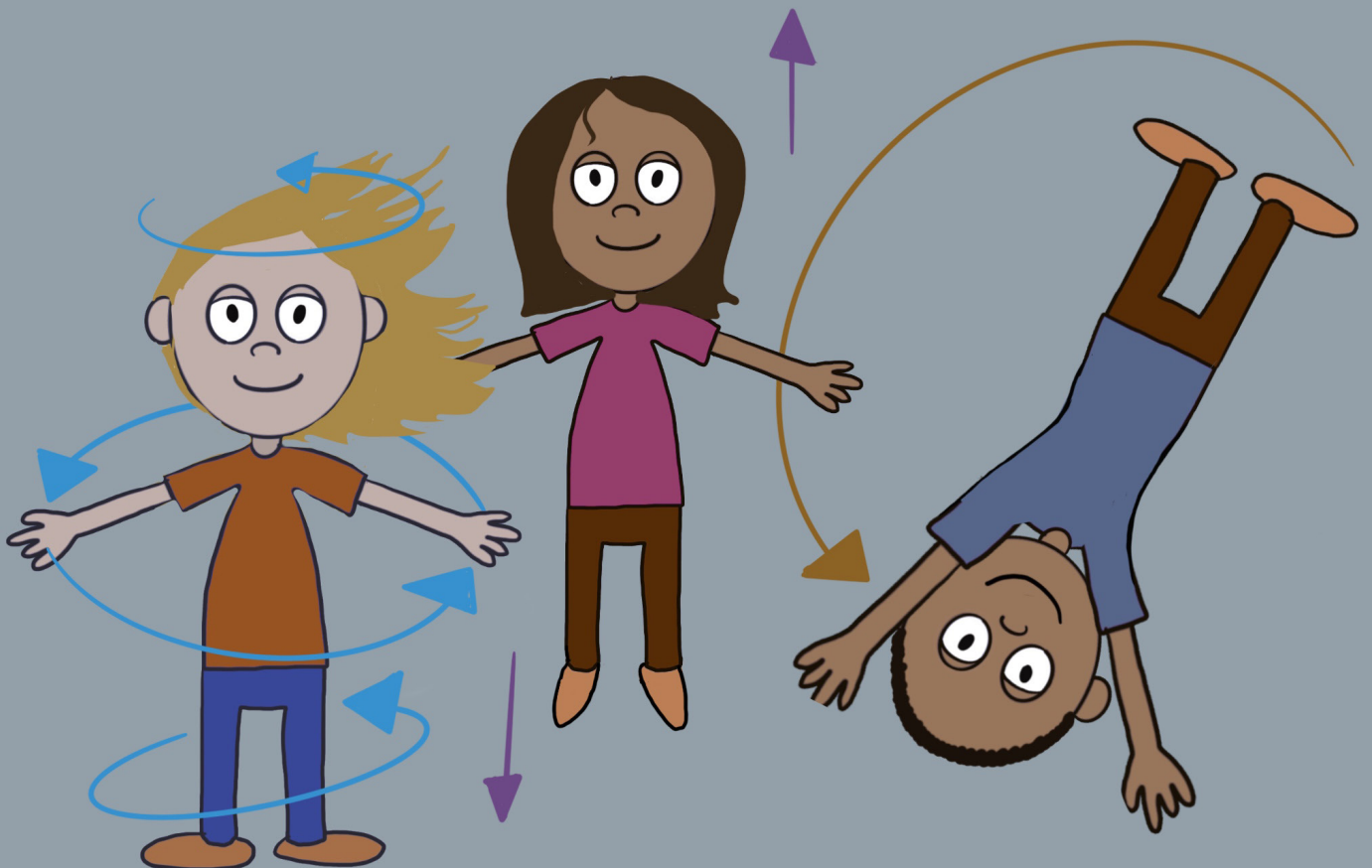
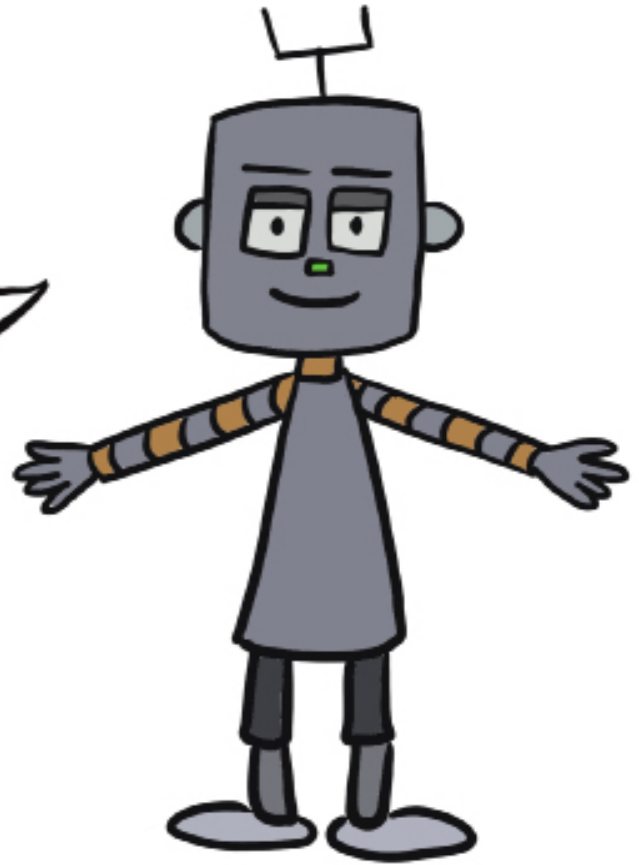


Special organs in their ears give them information that helps them keep their balance.



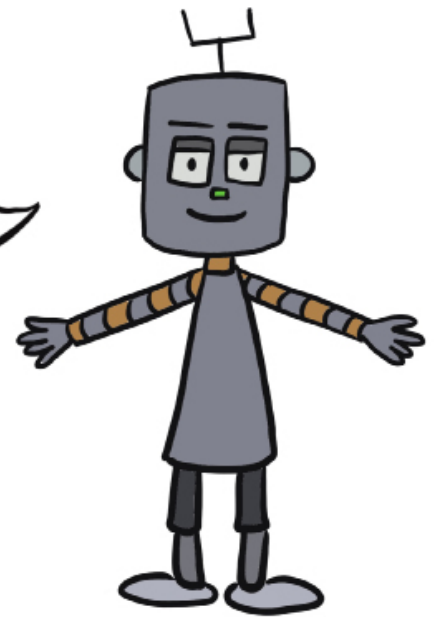
Some humans have really loud signals coming from these special organs in their ears. These humans can feel very scared if they are tipping backwards or feel very sick when they are moving or up somewhere high.

Some children get quiet signals from their special organs in their ears, so they feel anxious and scared. These humans need to make the signals louder by jumping, spinning and flipping upside-down.



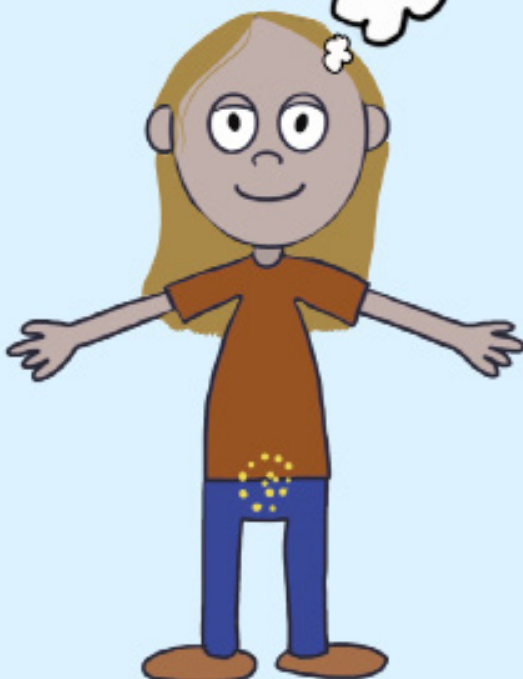


Signals are sent from human bodies up to the brain to tell the human about what is going on inside their bodies. These signals help humans work out how they are feeling.

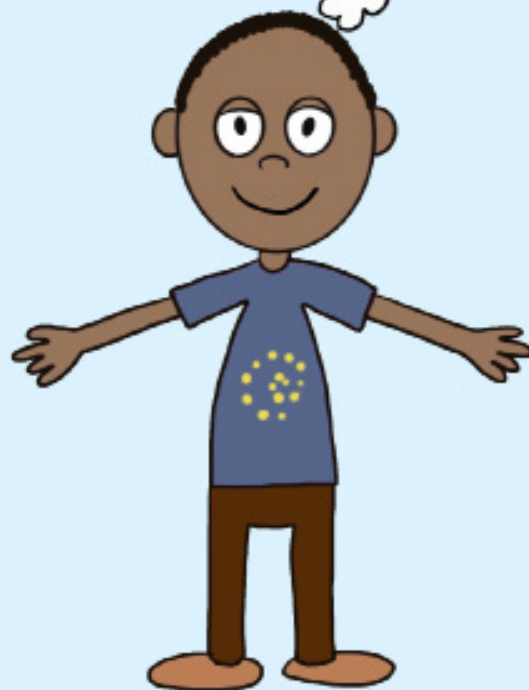


The sense that tells humans about what is happening inside their body is called the INTEROCEPTION sense.

Signals from her bladder tell this girl that she needs the toilet.



Signals from his stomach tell this boy that he is hungry.



Signals from her skin tell this girl that she is too hot.



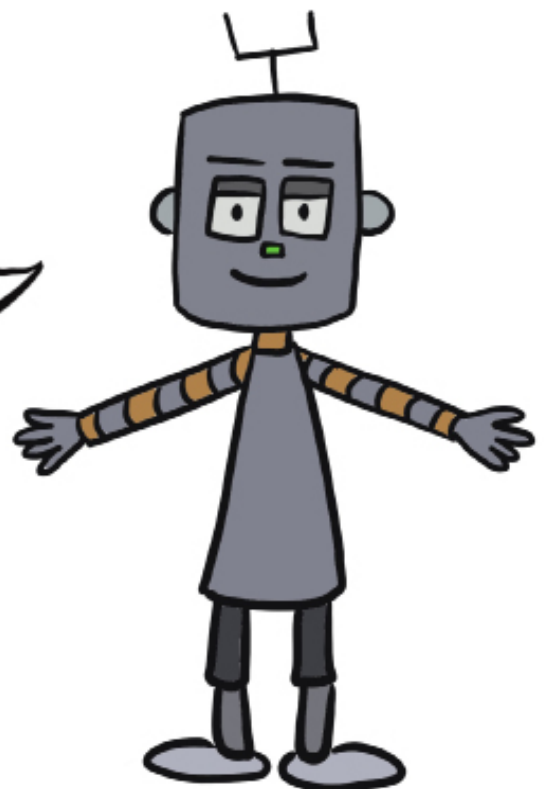
Signals from his skin tell this boy that he is too cold.

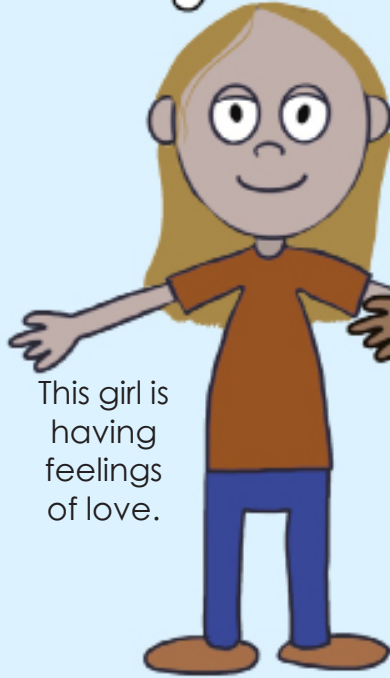


Some people may get really loud signals coming from inside their body. These humans may feel like they are always hungry, always cold or always need the toilet, for example.

Other people may only get quiet signals so that they do not know what is going on inside their body.

Others may get signals from their body that are confusing and they cannot tell what is happening in their body.



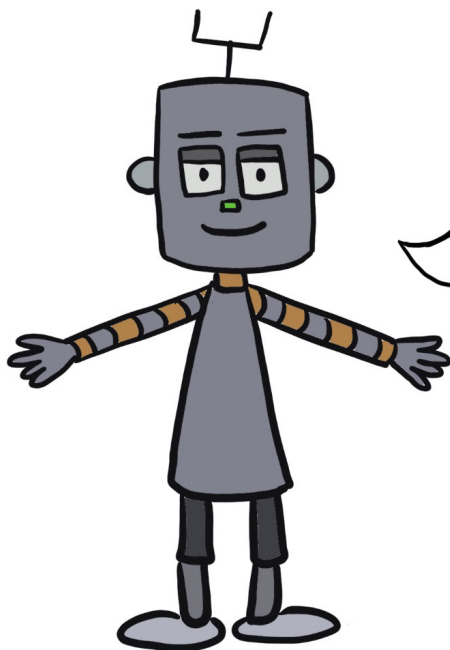


This girl is having feelings of love.

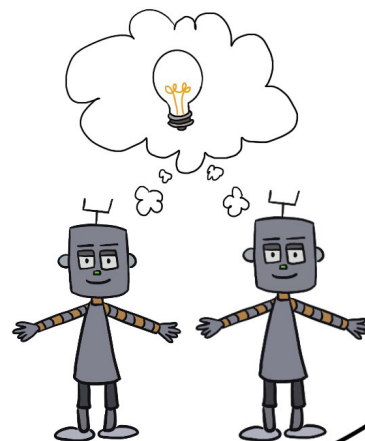


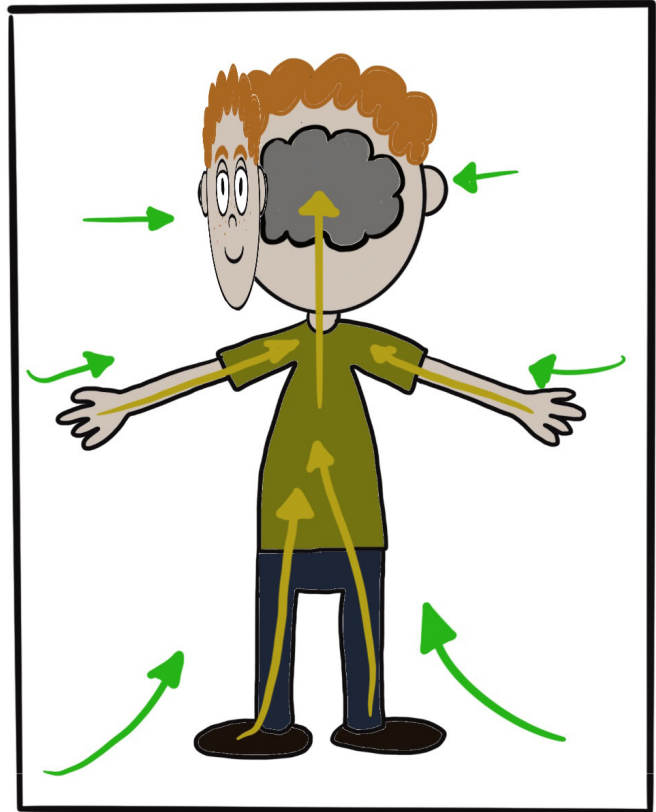
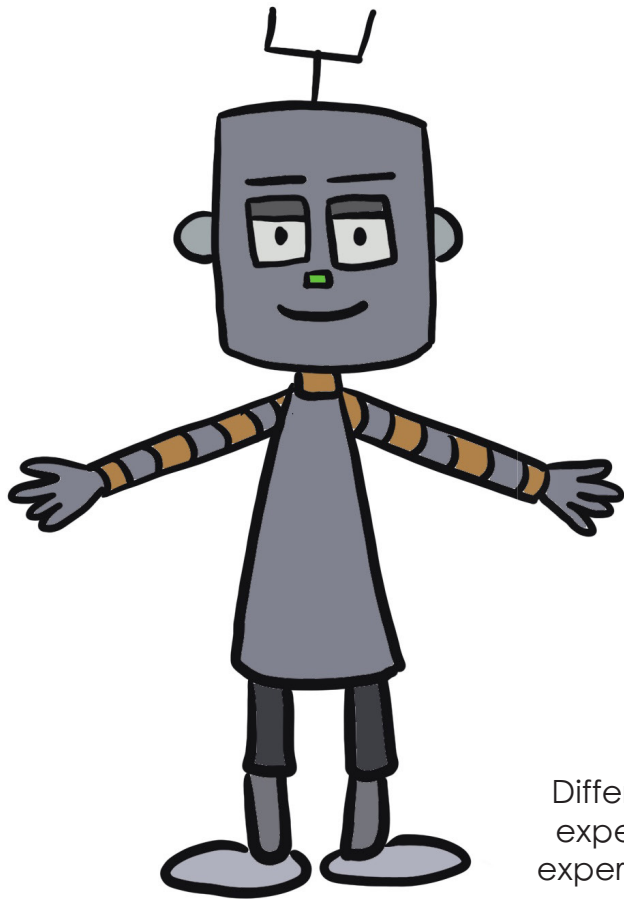
This boy is having feelings of thirst.

This girl is finding it difficult to work out what she is feeling. She has signals coming from her head but cannot understand that the signals mean that she has a headache.



We have learnt on our investigation of how humans work that all humans are different. This means humans all experience the world differently. Humans all have different ideas and that is what makes humans so interesting!!



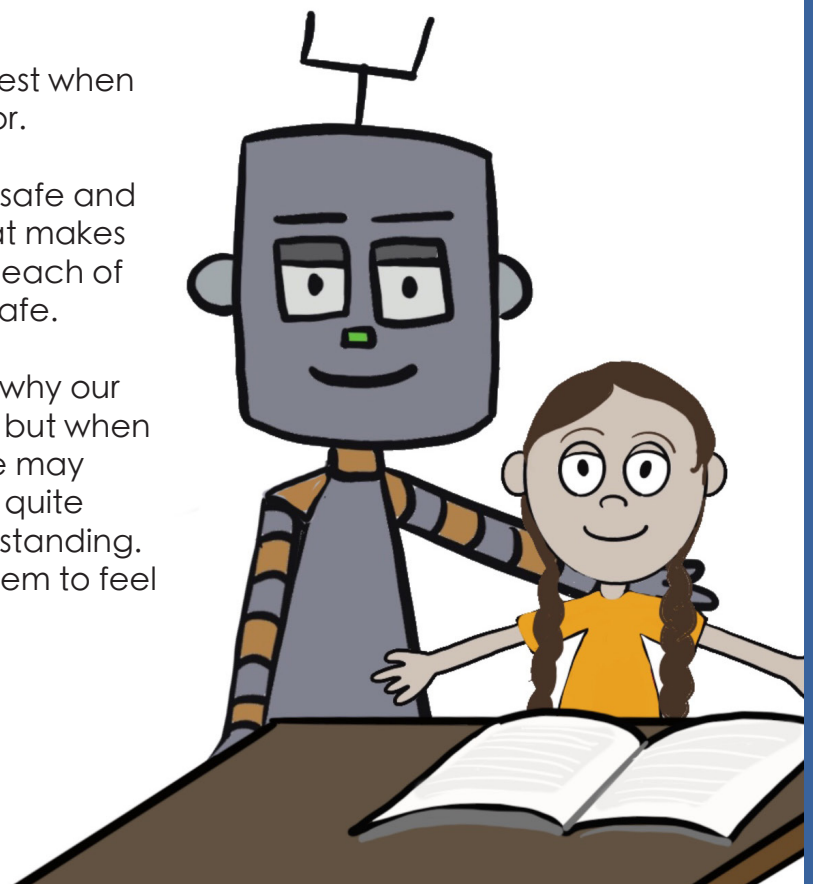


Different neurologies mean that two humans may experience the same situation differently. Human experience is based on the sensory information that comes from what is happening around them.

Humans are happiest and learn best when they feel safe and cared for.

We can all help our friends to feel safe and cared for by getting to know what makes each of them happy and makes each of them feel comfortable and safe.

We may not always understand why our classmate feels upset or frustrated, but when we remember that two people may experience the same situation quite differently, we can be more understanding. Being kind to others always helps them to feel safe.

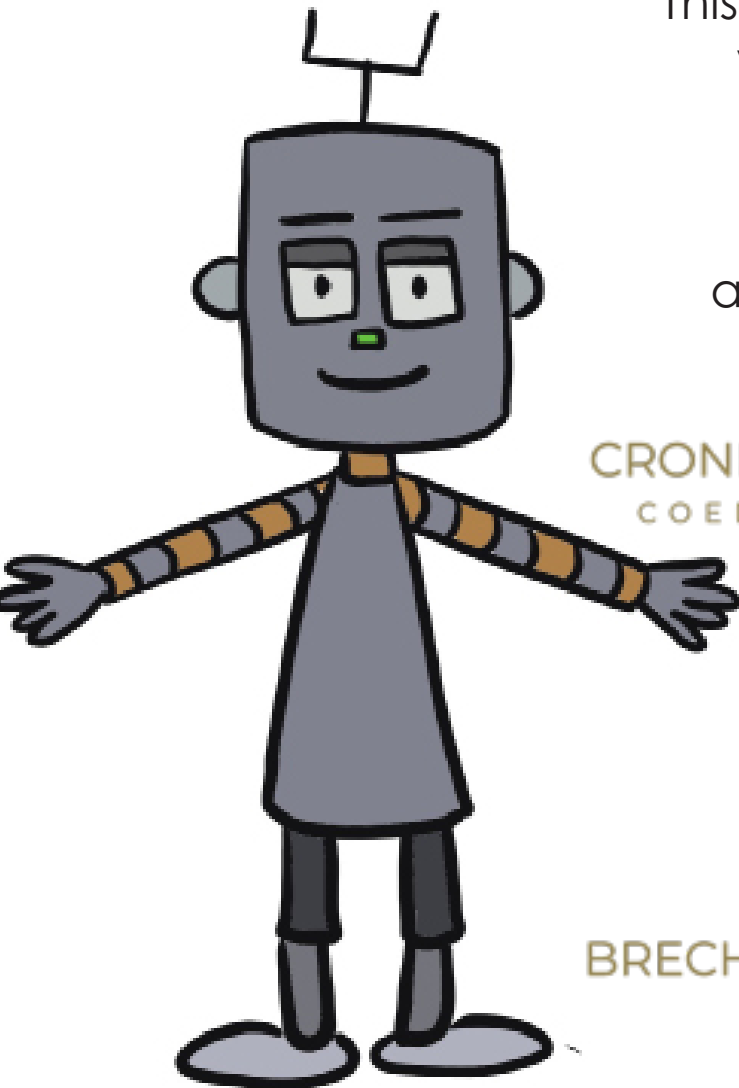




autism wellbeing

There is an animated film to
accompany
'Making Even More Sense of
Humans.'

This can be found on our website at
www.autismwellbeing.org.uk



This publication and the
accompanying film have been
produced with funding from:

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



BRECHFA FOREST WEST WIND FARM
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