

MAKING SENSE OF SENSES



STUDENT WORKBOOK

ACCELERATE



PROCESSING THE SENSES

In this activity, you will investigate your own senses while learning about how some individuals have unique ways of experiencing senses.

I MINDFULNESS

Find a place where you can sit comfortably and focus on your senses. Let your mind open and allow yourself to sense everything around you. We are going to fill out the chart below with what you experience. Are you comfortable? Let's begin.

SEE

Look around yourself. Do not focus on any one object for too long. Notice 5 objects you can see. Have you seen those objects before? Did you notice any new items you hadn't noticed before?

HEAR

Now, listen to your environment. Do you notice background noises that you usually filter out? Some noises are louder than others. What do you hear? Notice 4 noises you can hear. Had you noticed those noises before?

FEEL

Keep your eyes closed and let your body relax. Allow yourself to be calm. Maybe your fingers will curl in just slightly, or you can feel your shirt touching your back? Notice 3 things you can feel. Is there something soft below your hand or hard against your back?

SMELL

Do you notice any smells around you? Maybe you smell something nice, like cookies or flowers, or maybe you smell something bad, like trash or stinky feet. Have you recognized these smells before? Notice two things you can smell.

TASTE

Are you eating something or chewing gum? What did you have for breakfast or lunch? Maybe you can taste the inside of your mouth. Notice one thing you can taste. What did that taste come from?

You can open your eyes now. Slowly, come back into the world you knew before experiencing your senses deeply. Can you remember what you sensed before? Fill in the chart on the next page the best you can.



BRAIN

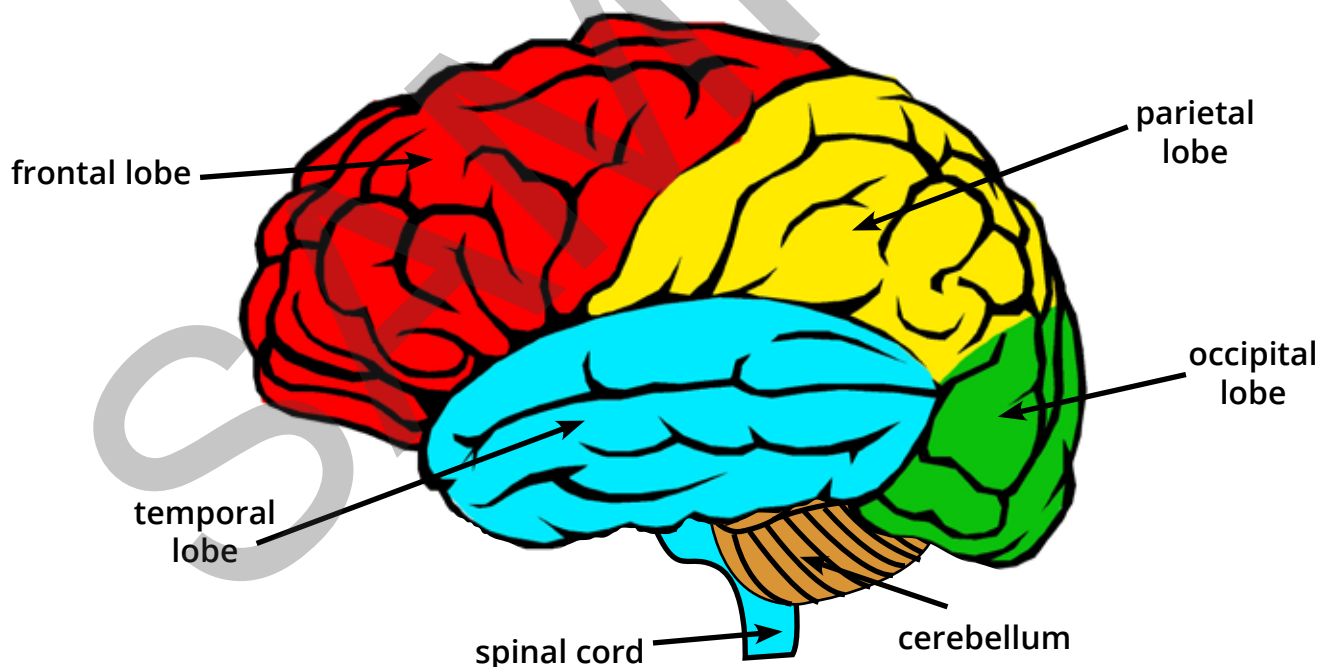
After information gets to the brain, the brain processes it and sends a signal back to the initial nerve. Your brain is designed to recognize signals, process signals, and respond to them. You respond to some signals quicker than others. This can cause behavior changes, such as pulling your hand off a hot stove.

The brain also stores memories. Some memories are more prominent than others. Typically, a memory is more vivid if you felt great joy or pain. Because of the experience, you replay it back again and again. This solidifies it more in your brain.

LOBES

The brain has four lobes where the senses are processed. Each sense is processed in a different lobe. The occipital (pronounced: ok-SIP-it-uhl) lobe is at the back of the brain. It processes sight, including color identification. Touch and taste are processed in the parietal (pronounced: pr-ai-uh-tl) lobe, which is on the top of the brain. The temporal lobe is on the sides of the brain and is where sound is processed, including your own speech. Finally, the frontal lobe processes smell.

Parts of the Human Brain



It can be easier to understand the brain with a model, including where the lobes are and what each lobe processes, so let's make a model.



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