

What are our senses?

Did you know we have different types of senses?
There are more than you might think!

You probably know about these senses

Taste



Touch



Smell



Hearing



Sight



But do you know these senses?

These are really important for people with FASD

Interoception

This is our sense of knowing what's going on inside of our body

Proprioception

This is our body awareness and help us know where our body is without looking

Vestibular

This is our balance and helps us keep upright

