

The 5 Senses

Let's explore the five senses.



Sight - What we see

Sight is about lights, colours, screens, and movement.

Example: Some lights, such as fluorescent lights, LED lights, or bright computer screens, may make some people feel uncomfortable or distracted. Others may find softer lighting, warm colours, or lava lamps calming. Everyone senses things differently, and that's okay!

Helpful idea: It is okay to choose to wear sunglasses indoors, sit away from bright lights, or move to a calmer space.



Hearing - What we hear

Hearing is about the sounds around us.

Example: A noisy classroom, loud music, the tapping of a pen or lots of people talking at once might feel overwhelming for some. For others, they might enjoy background noise to support focus!

Helpful idea: People might use headphones, earplugs or move to a quieter space to feel comfortable when in class or studying. Others may choose to listen to music or background sounds to support focus!



Touch - What we feel

Touch is about textures, pressure, temperature, and how things feel on the skin or in the hands.

Example: Some people might like the feeling of certain textures and use fidget items such as bubble poppers or fidget spinners! Others might dislike being touched and prefer not to stand close to others or avoid certain textures.

Why this is good: Respect everyone's space and comfort with touch. Fidget items can also support to feel calm, manage stress, and focus.



Taste - What we taste

Taste is not just about flavours but also about textures and how food and drinks feel in our mouth.

Example: Some people may dislike spicy foods or certain textures, while others may enjoy them! Respect everyone's food choices and do not pressure them to try something. Taste and textures are different for everyone!

Helpful idea: Some people find that crunchy foods such as chips or crackers can support focus when studying!



Smell - What we smell

Smell is about scents in our environment.

Example: Strong perfume, food smells, or smoke might make some people feel sick or uncomfortable. Others might find smells from candles, incense or essential oils calming and relaxing.

Helpful idea: Avoid using very strong scents in shared spaces and remember that everyone experiences smells differently!

Why does it matter?

Our brains use our senses to understand the world around us. Everyone experiences things differently.

Some people seek out certain sensory experiences to help with focus, calm, or regulation, while others may prefer less sensory input. Some people enjoy bright lights, busy spaces, crunchy foods, or fidget items, while others may prefer quiet spaces, soft lighting, or less noise.

Understanding this helps us learn what makes us feel comfortable and focused, while also creating more inclusive and welcoming spaces for everyone.

Different senses, one community.