

The 8 Sensory Systems

Each of these systems contain tiny sensors that carry messages from the body up to the brain for processing.

5 “Outside the Body” Sensory Systems

1. Eyes (Sight/Vision)
2. Ears (Hearing)
3. Nose (Smell & Taste)
4. Tongue and Mouth (Taste & Texture)
5. Skin (Touch)

The 3 “Inside the Body” Sensory Systems

6. Ears and Eyes (Vestibular Balance)
7. Joints and Muscles (Proprioception)
8. Internal Body Organs (Interoception)

