

Sensory Processing

You might have noticed a smell that reminded you of something from when you were much younger.

Maybe hearing a song reminds you of being on holiday or out with friends. These memories could be very strong, like you were back there again, maybe?

Sensory processing happens when the brain gets information from your senses. . .

- Taste
- Touch
- Hearing
- Smell
- Sight
- Balance - (vestibular is the posh word!)
- Movement or Where you are in space - (Proprioception is the posh word! - pro-pree-oh-sep-shun)

. . .and then works out what to do before sending out instructions to your body to do something.

Your sensory system is made up of the brain, spinal cord and nerves.

Messages are coming into your body through all your senses and they travel through your nervous system to your brain. The brain sends messages back out through the same system. The more experiences we have the more connections are made between the brain and the body systems to make messages travel more quickly. If there are connections that we don't use then the brain 'prunes' these. This means trims them down!!



