

What is Sensory Integration?

Every day, we receive a great deal of information from our senses. We use this information to organize our behavior and successfully interact in the world. Our senses give us information about the physical status of our body and the environment around us. Sensory experiences include touch, taste, smell, sounds, body awareness, movement and the pull of gravity. Sensory integration is the brain's ability to organize, interpret, and create an appropriate response from the information we get from our eight sensory systems.

Our 8 sensory systems

Auditory:
hearing

Visual:
sight

Gustatory:
taste

Olfactory:
smell

Tactile: touch

Interoception:
internal senses

Vestibular:
balance and
movement

Proprioception:
joints and
muscles

