

Essential ingredients  
for healthy development

Play,  
movement  
and time  
outside

## Our Senses

Did you know we have more than 5 senses? A lot of people know about the ones that help us learn about the world outside our bodies- sight, sound, touch, smell and taste. We also have senses that help us understand our own bodies; the sense of balance, awareness of our muscles and our internal systems (such as hunger and thirst). As children, we develop and understand our senses over time and through different experiences. Our senses help us to learn how to move our body with purpose. Nature provides opportunities to develop every sense and is a great place to learn.