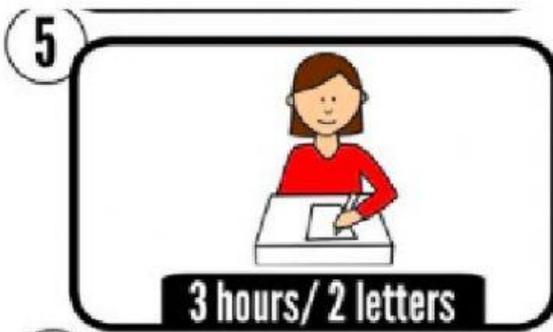
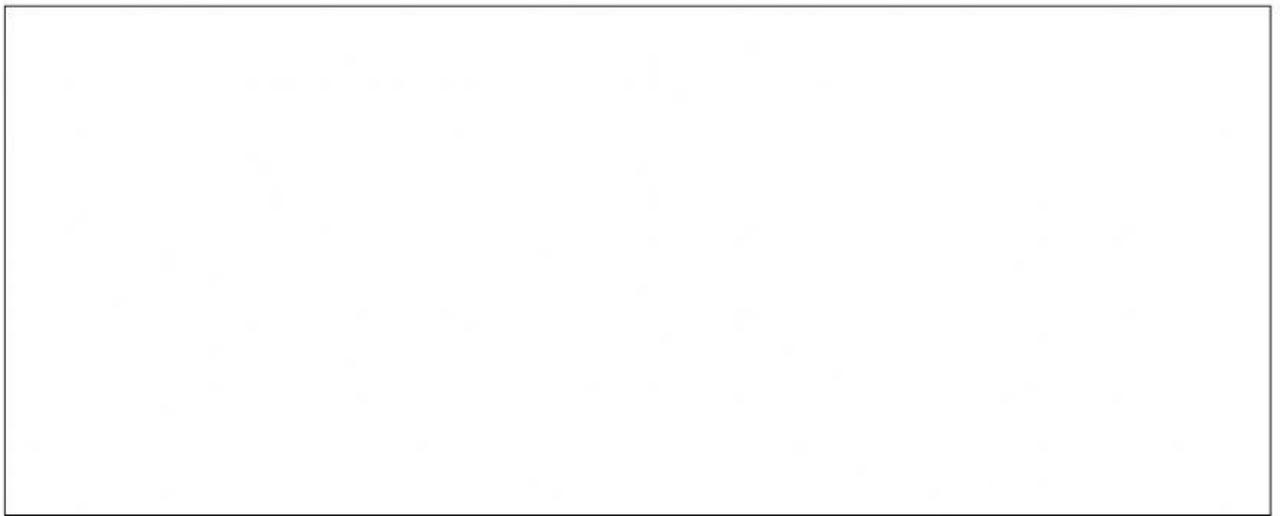


1. When you think of the senses, you probably think of five different ones
2. Constantly absorbing all these sensations from The world around us
3. What emerges is our own unique picture of reality
4. Our senses, all interact with each other
5. to sense small changes in our environment that create small changes of voltage
6. Which instantly combines it with other data
7. And landing on a piece of metal that's only 5 mm thick
8. Our previous experience always adds on to our sensory experience
9. This information has to quickly integrate with all the other senses
10. Some people call it the sixth sense
11. That constantly reaches areas of your body that are far away from the brain
12. Wrapped around specialised fibres inside every muscle are tiny springs
13. The precise direction and speed of that motion activate receptors in the spring that create an electrical signal
14. Without it, you wouldn't be able to pick up a glass
15. Feeds through our spinal cord, and gets to parts in our brain that senses that that was a mechanical touch
16. That encodes an emotional aspect to that touch



5. Write (write - wrote- written)

\_\_\_\_\_ 3 hours  
\_\_\_\_\_ 2 letters

6. Ru (run-ran-run)

\_\_\_\_\_ 1 hour  
\_\_\_\_\_ 7 kilometres

7. Drive; have (accidents)

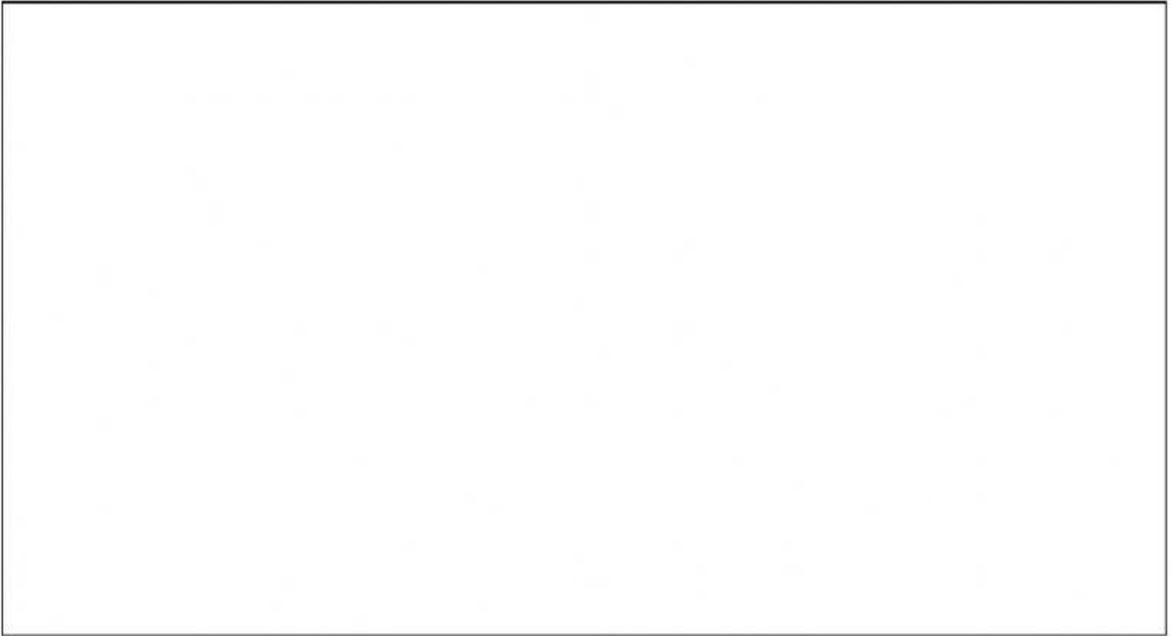
\_\_\_\_\_ 10 years  
\_\_\_\_\_ 2 accidents

8. Fish; catch (fish) (catch-caught - caught)

\_\_\_\_\_ 3 hours  
\_\_\_\_\_ 4 fish.

interact	however	hard	taste	rely	through
aware	sponge	stretch	sense	process	smell

1. What does this soup \_\_\_\_\_ like?
2. What does this flower \_\_\_\_\_ like?
3. Take a \_\_\_\_\_ and wash the dishes.
4. Try to \_\_\_\_\_ with each other.
5. The only person you can \_\_\_\_\_ on is you.
6. Don't forget to \_\_\_\_\_ your muscles after a hard workout.
7. It'll break if it falls on a \_\_\_\_\_ surface.
8. You need to make yourself \_\_\_\_\_ of your financial situation.
9. He is able to \_\_\_\_\_ even small changes in my mood.
10. If you can't enter \_\_\_\_\_ the door, there is always a window.
11. \_\_\_\_\_, they continued as if nothing happened.
12. I need more time to \_\_\_\_\_ this news.



1. Is it important to pay attention to your sensations? Why or why not?
2. What exercises can help us to understand our feelings and sensations better?
3. Describe the moments in your life when you were paying attention to the sensations in your body.