



Sensory Processing Glossary

Arousal (or level of alertness): develops from our ability to balance sensory input from our environment; a normal state of arousal is essential for attention to tasks, impulse control, frustration tolerance, and balance of emotional reactions.

Auditory: found in our ears; provides information about sounds in our environment (loud or soft, high or low, near or far)

Gustatory: found in our tongue; provides information about different types of taste (sour, salty, bitter, sweet, and spicy)

Olfactory: found in our nose; provides information about different types of smells (musty, putrid, pungent, flowery)

Proprioceptive: found in our muscles and joints; provides information about where a body part is and how it is moving

Self-regulation: our nervous system's ability to attain, maintain, and change levels of alertness or arousal

Tactile: found in our skin; provides information about our environment and about object qualities (hot or cold, smooth or rough, soft or hard, pressure)

Vestibular: found in our inner ear; provides information about where we are in space, whether we or something in our environment is moving, and in which direction and speed we are moving

Visual: found in our eyes; provides information about objects and people to help us define boundaries as we move through space