**Senses allow us to observe and understand the world around us. There are five main ways we can do this: through sight (with our eyes), touch (with our fingers), smell (with our nose), taste (with our tongue) and hearing (with our ears).**

1. There are five senses – sight, smell, touch, taste and hearing.
2. Our senses help us to understand what's happening around us.
3. **Our senses send messages through receptor cells to our brain, using our nervous system to deliver that message.**
4. There are four kinds of taste receptors on the tongue – bitter, sweet, salt and sour.
5. Some parts of the skin are more sensitive than others – this is because they have more receptor cells.
6. We taste food using both our sense of taste and smell.
7. It's fun to experiment with your senses – for example, make a chart of what foods taste bitter, sweet, salty and sour.
8. If you cup your hand around your ear, you'll hear more things – this is because you're helping your ear gather more sounds.
9. Not everyone is able to use all five of their senses. If someone cannot see, they are blind; if someone cannot hear, they are deaf.
10. We can use all five of our senses at the same time without even realising it!