

FOCUS SPOT

Sharing Our Feelings

Senses are important because they allow us to perceive the world in which we live. Our five senses are our sense of sight (also known as vision), smell , hearing (audition), taste , and touch.

Senses are important because they help us understand the environment around us. Stimuli are signals that trigger the senses. Each sense organ includes receptors that capture relevant stimuli for transmission to the brain. The receptors in the skin are mechanoreceptors and thermo receptors.

We can engage physically challenge people in various variety of activities and games like

- Go to the movies. Nowadays, many popular movies have audio described versions available for blind and visually impaired audiences. ...
- Attend a concert. Concerts are a fun activity for just about anyone! ...
- Get pampered. ...
- Go for a walk. ...
- Play sports. ...
- Go to the mall. ...
- Cook a meal together. ...
- Play a game.

Braille is a system of touch reading and writing for blind persons in which raised dots represent the letters of the alphabet. It also contains equivalents for punctuation marks and provides symbols to show letter groupings. Braille is read by moving the hand or hands from left to right along each line. Braille is a system of reading and writing by touch used by the blind. It consists of arrangements of dots which make up letters of the alphabet, numbers, and punctuation marks. ... Capitalization is accomplished by placing a dot 6 in the cell just before the letter that is capitalized

