

# 15 Human Senses and Activities to Awaken Them

For centuries, education has focused almost exclusively on five physical senses: sight, sound, smell, taste, and touch. While these are essential, they represent only a fraction of how humans perceive, communicate, and understand the world.

Modern neuroscience, psychology, and ancient wisdom traditions all point to the same truth: **humans are multi-sensory beings**. We learn, relate, and communicate not only through the body, but through the mind, emotions, intuition, and subtle perception.

When educators recognise and develop all **15 human senses**, teaching shifts from information delivery to *attuned relationship*. Learning becomes calmer, deeper, more responsive, and more humane.

## The 15 Human Senses

### Physical Senses

These anchor us into the present moment and the material world.

- **Sight** – visual perception and pattern recognition
- **Sound** – auditory awareness and tone sensitivity
- **Smell** – emotional memory and instinctive response
- **Taste** – discernment, pleasure, nourishment awareness
- **Touch** – safety, grounding, sensory integration

### Mental Senses

These senses shape meaning, agency, and self-governance.

- **Imagination** – inner imagery, creativity, possibility
- **Memory** – recall, learning integration, pattern storage
- **Intuition** – inner guidance, non-linear knowing
- **Reason** – logic, analysis, perspective-taking
- **Willpower** – focus, intention, follow-through

### Spiritual / Subtle Senses

These govern empathy, attunement, and deep relational awareness.

- **Clairvoyance** – inner seeing, symbolic imagery
- **Clairaudience** – inner hearing, intuitive phrasing
- **Clairsentience** – sensing emotions and energy
- **Claircognizance** – direct knowing without process
- **Clairalience** – subtle or intuitive smell and memory

These senses are not “special abilities.” They are **natural human capacities** that often remain undeveloped or dismissed in formal education.

The senses listed here are not exhaustive. They are the ones we currently have shared language for. Human perception is far richer than modern education acknowledges, and many ways of sensing such as balance, timing, presence, emotional atmosphere, and inner truth which sit between

categories or beyond them entirely. As human awareness expands, so too will our understanding of how we perceive reality.

## Why Senses Matter for Educators

When educators develop awareness of all 15 senses, communication changes profoundly.

### Benefits for Educators

Educators who master multi-sensory awareness are better able to:

- Read emotional and energetic states in learners
- Respond rather than react
- Sense when a learner is overwhelmed, disengaged, or ready
- Communicate with clarity, calm, and presence
- Build trust without excessive words
- Hold safe learning spaces for sensitive or intuitive students
- Model self-regulation and inner authority
- Reduce burnout by listening to their own internal signals

This level of awareness supports **trauma-informed practice, relational teaching, and sovereignty-based learning** — where learners are guided to trust themselves rather than rely solely on external validation.

When educators communicate from attunement rather than authority, learning becomes cooperative instead of coercive.

## Activities to Enhance Each Sense

These activities are simple, inclusive, and suitable for classrooms, homeschools, and professional development.

### PHYSICAL SENSES

#### **Sight – “Deep Looking”**

Choose an object or part of nature. Observe for one full minute without naming it. Notice colour, shape, light, shadow.

*Builds presence and observation.*

#### **Sound – “Sound Mapping”**

Sit quietly and note all sounds near and far. Draw or list them.

*Improves auditory awareness and calm focus.*

#### **Smell – “Scent & Memory”**

Smell a natural item (herb, citrus, bark). Notice emotions or memories that arise.

*Strengthens sensory-emotional links.*

#### **Taste – “Mindful Bite”**

Eat a small piece of food slowly, noticing texture and flavour changes.

*Develops discernment and embodiment.*

## **Touch – “Texture Awareness”**

Explore different textures with eyes closed.

*Enhances grounding and sensory integration.*

## **MENTAL SENSES**

### **Imagination – “Inner Picture”**

Read a short description and ask learners to visualise it before discussing.

*Supports creativity and comprehension.*

### **Memory – “Sensory Recall”**

Recall a place using smell, sound, colour, and feeling.

*Strengthens memory encoding.*

### **Intuition – “First Sense”**

Ask a question and note the first answer before thinking.

*Builds trust in inner guidance.*

### **Reason – “Why Ladder”**

Ask “why” five times to explore deeper reasoning.

*Develops critical thinking.*

### **Willpower – “Micro-Commitments”**

Choose one small action to complete within five minutes.

*Builds agency and follow-through.*

## **SPIRITUAL / SUBTLE SENSES**

### **Clairvoyance – “Symbol Seeing”**

Observe clouds or patterns and describe shapes or symbols seen.

*Enhances inner imagery.*

### **Clairaudience – “Inner Listening”**

Sit quietly and notice words or phrases that arise internally.

*Strengthens inner dialogue awareness.*

### **Clairsentience – “Energy Hands”**

Rub hands together and feel subtle sensations between them.

*Builds energetic sensitivity.*

### **Claircognizance – “Instant Knowing”**

Ask a neutral question and note the immediate knowing.

*Develops confidence in insight.*

### **Clairalience – “Scent Impressions”**

Notice any imagined or subtle smells connected to memories or places.

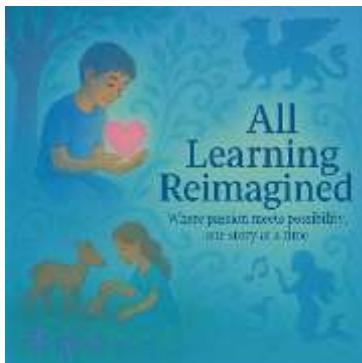
*Supports intuitive memory processing.*

## **A Closing Reflection for Educators**

The future of education is not about adding more content. It is about **refining perception**.

When educators master their own sensory awareness (physical, mental, and subtle) they communicate with integrity, presence, and compassion. Learners feel seen, regulated, and empowered. The 15 senses remind us that teaching is not only an exchange of information. It is a **relationship between nervous systems, hearts, and awareness**.

And when educators listen deeply to themselves first, learning becomes a living, relational, and transformative experience.



To listen to an interesting podcast on human senses and activities to awaken them go to <https://bbsradio/alllearningreminaged>.

Recorded on to the 24<sup>th</sup> January 2026. See below for ideas to promote senses in any educational settings.

Enjoy!

