**Vestibular (balance)**

**How this presents:**

**What might help me:**

**Visual (sight)**

**How this presents:**

**What might help me:**



**Auditory (hearing)**

**How this presents:**

**What might help me:**

**Gustatory (taste)**

**How this presents:**

**What might help me:**

**Olfactory (smell)**

**How this presents:**

**What might help me:**

**Proprioception (body awareness)**

**How this presents:**

**What might help me:**

**Tactile (touch)**

**How this presents:**

**What might help me:**