Truth #2b

Internal Sensation Tracking Sheet

1. Vestibular = *the sense of balance and head movement; located in the inner ear*

Date	What I noticed	Notes

2. Proprioceptive = *the sense of one's own body's movement; controls and detects force and pressure; located in the muscles and joints*

Date	What I noticed	Notes

3. **Interoception =** *a monitoring system for activities within the body, like breathing, hunger, and thirst; located all over the body, in the organs, bones, muscles, and skin*

Date	What I noticed	Notes