Messages from my senses

My brain gathers information from all around me.



The tiny idea

My brain receives messages from sounds, lights, touch, movement, smells, words, and changes. Some messages may feel extra strong or take more time to sort.

Look inside: what is happening?

A sensory team routes and sorts signals

1. **Signal starts**
   light, sound, touch, movement
2. **Thalamus relays**
   many messages travel onward
3. **Sensory areas**
   process different kinds of input
4. **Networks combine**
   a sound or light may feel strong

Try this

Choose one sense. What is one thing that feels comfortable to you, like a quiet sound or a soft texture?
Remember: People can sense the same room in different ways. I can tell someone what feels comfortable to me.

A scripture to keep

“The spirit and the body are the soul of man.”

Doctrine & Covenants 88:15

A true thing about me

My brain and body work together. I can learn what helps me.

The science, in plain words

Messages from my senses

What this lesson means

Autistic girls describe many sensory patterns. Some notice light, color, sound, clothing, movement, or temperature very intensely; others experience those same things differently. Her own descriptions and preferences are the best guide to the supports that may help.

A few supportive next steps

- Ask which sensation feels strong or comfortable in that moment; sensory needs can change with the setting.
- Offer practical adjustments she chooses, such as lower light, headphones, a softer texture, or a quiet route.
- Notice what helps in the actual setting, then keep or adjust the support with her.

Keep this in view

In my faith, I believe God designed our bodies with a capacity to heal through Him, in His name and in His timing, and gives each of us wisdom, tools, and direction for our unique journeys. A clinician can help us explore health questions.

Sources to explore

NIMH, Autism Spectrum Disorder

NIMH, sensory hypersensitivity research update (2024)

Sources checked September 2026. Research can change; these links are for further reading.