



Sensory-based Exploration

What do I do with this? Our senses collect tremendous information about our world and ourselves. Use this exercise to explore your favorites in each of these sensory categories. For example, what are your favorite things to look at, listen to, touch, taste, and smell? Be as specific as possible. If your favorite sight is a “sunset,” list where you would be watching that sunset. If your favorite sound is “music,” list your favorite bands, songs, etc.

Sight (what are your favorite things to look at, see, etc.?)	Sound (what are your favorite things to hear, listen to, etc.?)	Touch (what are your favorite things to touch, feel with your body, etc.?)	Taste (what are your favorite things to taste, eat, drink, etc.?)	Smell (what are your favorite things to smell?)
<p><i>Example:</i> sunset in Maui</p>	<p><i>Example:</i> Blind Melon’s “Change”</p>	<p><i>Example:</i> taking off my socks at the end of the day and immediately getting under the covers</p>	<p><i>Example:</i> strawberries</p>	<p><i>Example:</i> fresh cut grass</p>

