

Sensory Heart Mapping

Use this planner to brainstorm and write about (or draw!) your favorite items for the five senses.

1. Sights

What are your favorite sights (a place you've been, colors, toys, people)?

2. Sounds

What sounds (songs, quotes, animals, nature) do you love?

3. Smells

What are your favorite smells (nature, foods, household items)?

4. Feelings and Touch

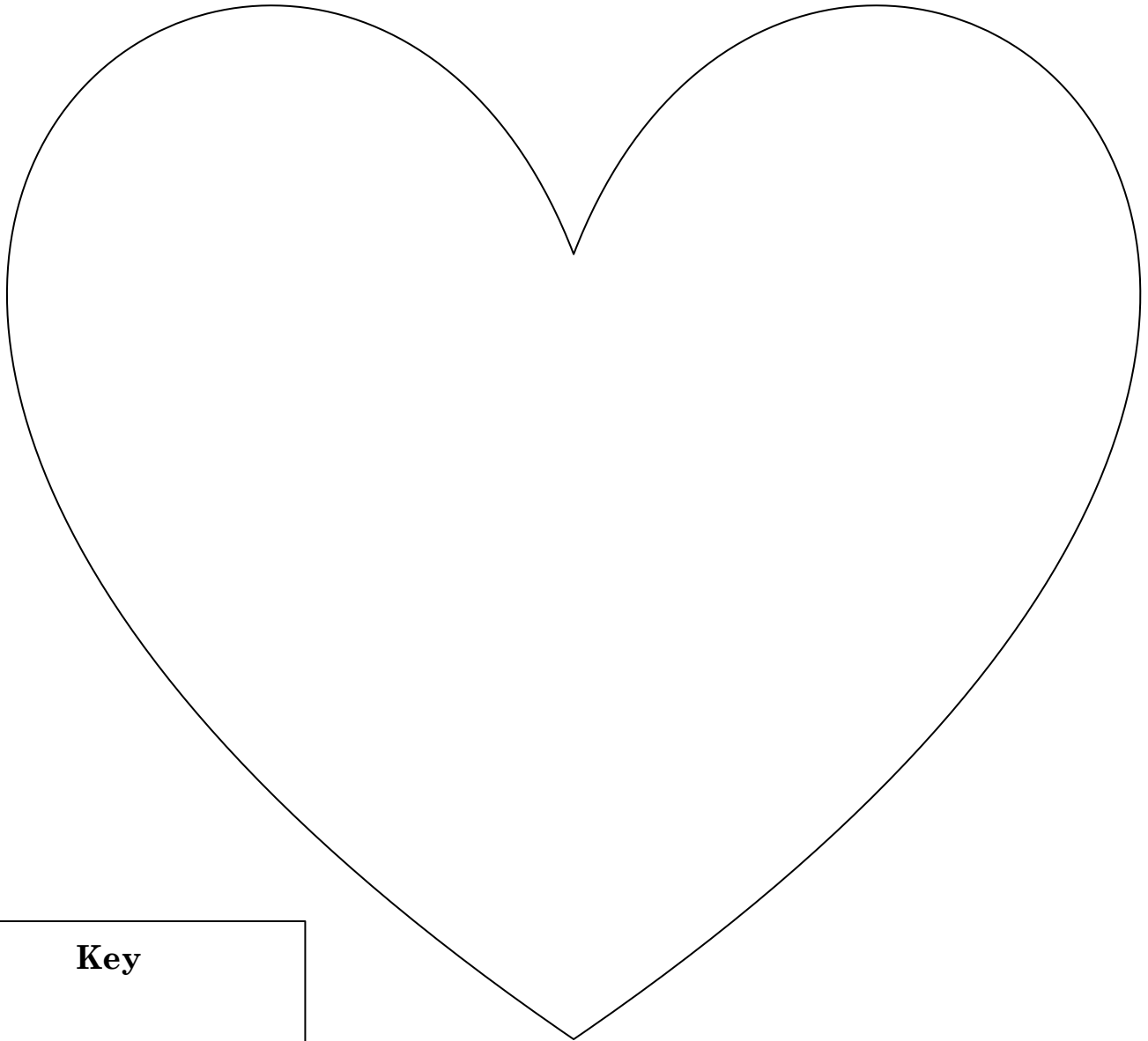
What are your favorite emotions or textures?

5. Taste

What tastes or flavors do you love? What are the most memorable things you've tasted?

Sensory Heart Mapping

Fill in this heart with the sense memories you brainstormed. Get creative with the way you puzzle them together—use different shapes and colors to represent what’s in your heart. Make sure you also create a key for your map!



Key

A rectangular box with a black border, intended for creating a key for the sensory heart mapping. The word "Key" is written in bold at the top left of the box.