

Mapping Your Sensory Space

by Mathangi Subramanian

Use this chart to help you map sensory stimuli that will support your creative practice – or just make you feel great! When possible, try and use the positive form of a preference. For example, instead of writing "no noise" under sound, write "silence." If you're stuck, use the chart on the back for inspiration!

Sights	Sounds	Textures / Temperatures	Smells	Tastes