

Sensory Description Challenge

WRITER: _____ DATE: _____

INTRODUCTION

Great writing engages all five senses, creating vivid experiences that pull readers into your world. This worksheet challenges you to develop your sensory description skills by focusing on each sense individually and then combining them into powerful multi-sensory scenes.

PART 1: SINGLE-SENSE EXPLORATION

SIGHT

Choose an object or scene and describe it using only visual details (colors, shapes, light, movement, etc.)

Object/Scene: _____

Visual Description:

SOUND

Describe a location using only auditory details (volume, pitch, rhythm, specific sounds, silence, etc.)

Location: _____

Sound Description:

SMELL

Describe a memory through scent alone (specific odors, intensity, associations, etc.)

Memory: _____

Olfactory Description:

TASTE

Describe a meal or food using only taste sensations (sweet, sour, bitter, salty, umami, texture, temperature, etc.)

Food/Meal: _____

Taste Description:

TOUCH

Describe an experience through tactile sensations only (texture, temperature, pressure, pain/pleasure, etc.)

Experience: _____

Tactile Description:

PART 2: MULTI-SENSORY SCENE BUILDING

SCENE 1: NATURAL SETTING

Choose a natural environment (forest, beach, mountain, etc.) and describe it using all five senses

Setting: _____

Multi-Sensory Description:

SCENE 2: CHARACTER INTRODUCTION

Introduce a character through sensory details that reveal something about them

Character: _____

1. What do they look like? _____
2. What sounds do they make/are associated with them? _____
3. What do they smell like? _____
4. If applicable, what might they taste like to kiss/lick? _____
5. How do they feel to touch? _____

Now combine these into a paragraph:

SCENE 3: EMOTIONAL MOMENT

Choose an intense emotion and describe a scene that conveys it through sensory details

Emotion: _____

Sight details: _____ Sound
details: _____ Smell details:

<hr/>	Taste details:
<hr/>	Touch details:
<hr/>	

Multi-Sensory Emotional Scene:

PART 3: SENSORY BALANCE ANALYSIS

Select a paragraph from your current writing project and analyze its sensory content:

Original Paragraph:

(Copy a paragraph from your work here)

Sensory Analysis:

- Visual details: _____ (count)
- Sound details: _____ (count)
- Smell details: _____ (count)
- Taste details: _____ (count)
- Touch details: _____ (count)

Revised Paragraph:

(Rewrite the paragraph, balancing sensory details or adding missing senses)

ADVANCED CHALLENGE: SYNESTHESIA WRITING

Synesthesia is a condition where one sense triggers another (e.g., "loud colors" or "sharp smell"). Try creating descriptions that blend senses in unexpected ways:

Remember: While rich sensory details create immersive experiences, they should serve the story rather than overwhelm it. Select the most impactful details that advance character, plot, or theme.