

A Sensory Exploration Workbook

to help you

Explore your Sensory World

Calm Mind Therapy

Exploring My Sensory World

Introduction

This workbook should be treated as a calm, reflective space to help you explore how your sensory world shapes your comfort, emotions, and daily experiences. There is no right or wrong way to use it—move at your own pace, pause when needed, and return whenever it feels supportive.

Your intention for this workbook:

What Are the Senses?

We experience the world through eight sensory systems:

- Sight (Visual) – Light, colour, movement
- Sound (Auditory) – Volume, pitch, background noise
- Touch (Tactile) – Textures, pressure, temperature
- Smell (Olfactory) – Scents in the environment
- Taste (Gustatory) – Flavours and textures of food
- Movement (Vestibular) – Balance and motion
- Body Awareness (Proprioception) – Position and force
- Interoception – Internal body signals like hunger, thirst, and emotion

Use the following pages to explore each sense in more depth.

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Sight (Visual)

How does this sense feel for you?



- Bright lights
- Fluorescent lighting
- Visual clutter
- Colour sensitivity
- Preference for dim or natural light

My reflections:

What supports me:

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Sound (Auditory)

How does this sense feel for you?



- Loud or sudden noises
- Background noise difficulty
- Quiet space preference
- Rhythmic or predictable sounds
- Overwhelm in busy places

My reflections:

What supports me:

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Touch (Tactile)

How does this sense feel for you?



- Fabric or texture sensitivity
- Tags, seams, tight clothing
- Temperature sensitivity
- Deep pressure seeking
- Avoidance of sticky or gritty textures

My reflections:

What supports me:

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Smell (Olfactory)

How does this sense feel for you?



- Perfumes or cleaning products
- Food smells
- Mixed-smell overwhelm
- Comfort from familiar scents

My reflections:

What supports me:

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Taste (Gustatory)

How does this sense feel for you?



- Strong flavours
- Bland or predictable foods
- Texture-based preferences
- Mixed-texture avoidance

My reflections

What supports me:

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Movement (Vestibular)

How does this sense feel for you?



- Motion sensitivity
- Enjoyment of rocking, spinning, or swinging
- Balance challenges
- Movement for regulation

My reflections:

What supports me:

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Body Awareness (Proprioception)

How does this sense feel for you?



- Deep pressure seeking
- Judging force
- Bumping into objects
- Enjoyment of pushing, pulling, lifting

My reflections:

What supports me:

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Interoception (Internal Signals)

How does this sense feel for you?



- Hunger or thirst awareness
- Noticing pain or discomfort
- Emotional body cues
- Overwhelm from internal sensations

My reflections:

What supports me:

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My Sensory Profile Summary

My sensory strengths:

My sensory challenges:

My sensory needs:

What helps me feel regulated:

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Sensory Strategy Planner

Daily or weekly supports:

Helpful environments:

Tools or resources:

People who support me:

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Routines that help me regulate:

Sensory Emergency Plan

When I feel overwhelmed:

Safe people:

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Safe spaces:

Calming strategies:

What I want others to know:

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Final Reflections

What I've learned about myself:

What I want to remember:

What I want to share with others:

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