

Sensory Visualization Chart

Directions: List three to five phrases describing what you see, hear, taste, touch and smell while imaging yourself inside the visual provided by your teacher.

SIGHT

- 1.
- 2.
- 3.
- 4.
- 5.

SOUND

- 1.
- 2.
- 3.
- 4.
- 5.

TASTE

- 1.
- 2.
- 3.
- 4.
- 5.

TOUCH

- 1.
- 2.
- 3.
- 4.
- 5.

SMELL

- 1.
- 2.
- 3.
- 4.
- 5.