

# Sensory Details Observation Worksheet (College Level)

Observation Focus

**Subject Being Observed:**

**Location / Context:**

**Purpose of Observation:** (What impression are you aiming to convey?)

## Sight (What You See)

Colors, shapes, size, movement, contrasts, lighting

Specific details rather than general labels

Notable visual changes or focal points

## Sound (What You Hear)

Volume, rhythm, pitch, repetition

Background vs. foreground noises

Silence or absence of sound (if relevant)

## Smell (What You Notice in the Air)

Intensity and quality (sharp, faint, sweet, stale, etc.)

Associations or memories triggered

Changes over time or space

## Touch (What You Feel)

Texture, temperature, pressure, movement

Internal sensations (tension, comfort, unease)

Interaction between body and environment

## Taste (If Relevant)

Flavor qualities (bitter, sweet, metallic, etc.)

Aftertaste or lingering sensations

Emotional or symbolic relevance

## Reflection

Which sensory details best support your controlling impression?

Which details can be omitted to avoid overload?

What insight or meaning emerges from these observations?