

SENSORY CARDS By Zara West©

Cut out and use when editing a scene. For Personal Use Only.

SOUND Add a sound to: • Emphasize an action such as the slamming of a door or the crash of a glass breaking. • Add to setting and character description. • Describe the sound, tone, and pitch of a character's voice, such as "whiskey rough" or as "pitched high enough to hurt the ears." • Increase the emotional level of dialogue. • Set the mood. • Foreshadow an event. • Add tension or fear to a scary or dark scene.	SMELL Add in a smell/scent/aroma/reek: • Whenever a character enters a new location, room, building, or revisits one – describe the initial smell and then how it changed • When the POV (point of view) character meets a new or important person • When outside in nature or a garden • When sensing danger – the release of adrenaline intensifies one's sense of smell. • During romantic moments. Remember how important scent is to sexual attraction.
TOUCH Add a texture when the character: • Touches any object or item in the scene that is of import. • Puts on and takes off clothing, or when the clothing or fabric is annoying or comforting in some way • Enters a room and touches a surface. • Is outside and touches something in the environment. • Is eating food – describe how it feels in the mouth, against the teeth, when it is swallowed. • Fights or flees or plays a sport. Describe the texture of the ground under the feet, the feel of the surface of the weapons or equipment. • During romantic scenes.	TASTE Places to insert a description of a taste • When eating • When getting something in one's mouth • When feeling sick • When breathing in fumes, vapors, odors • During romantic moments • To create a moment of memory or backstory

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INTEROCEPTION Add a visceral reaction when • When a POV character experiences a strong emotion. • When a POV character has an unpleasant or exhilarating experience. • When a character experiences or witnesses pain or extreme violence. • When a POV character has a troubling inner thought or is dealing with a problem. • When a POV character is involved in a fight. • In all love scenes.	VISUAL Add a visual image or element when... • Describe a setting • Describe a person's skin, clothes, features • Make an object more important • Describe nature, natural objects, or the weather • Add emotion • Show a significant change in color, shape, or light that relates to mood or action • Heighten romantic scenes.
KINESTHETIC & PROPRIOCEPTION Add a movement when: • Any time a character goes from one place to another. • When a character is handling or moving an object. • During a fight scene. • During a love scene. • If the environment changes in a way that forces the character to move, such as a sudden rain or a falling tree. • Any time the character changes position - gets up, lies down, etc.	