

# SENSES CHECKLIST

---

When telling your story, focus on sticking to 'What Happened' as distinct from opinions, judgments, interpretations and commentary.

Show don't Tell. Use the idea of a camera to help you with your story - a camera which records all five senses.



## WHAT DID YOU HEAR?

Describe natural and mechanical sounds, music, dialogue etc.



## WHAT DID YOU SEE?

Describe what you see around you, setting, colours, shapes, clothes etc.



## WHAT DID YOU TASTE?

Did you taste anything? Describe foods, drinks, flavours.



## WHAT DID YOU SMELL?

What are the odours around you? Evoke the smell for your listener.



## WHAT DID YOU TOUCH?

Describe texture and temperature. Go inside your own body and describe physical sensations.

narativ