

# 15 Sensory Exploration Narrative Prompts



- In a familiar forest, all sounds suddenly amplify tenfold—rustling leaves become ocean waves and you hear hidden animals' heartbeats. Describe this moment of heightened hearing.
- 2. You spill an ancient spice in your grandmother's kitchen. As dust settles on your skin, you experience memories of everyone who ever touched it. Capture these sensory impressions.
- 3. During a blackout, you discover you can feel textures from several feet away. Describe exploring familiar spaces with this new perception.
- 4. Diving deeper than usual in a lake, colors become impossibly vivid, revealing an unseen underwater world. Describe what you experience.
- 5. After biting a strange fruit, you can taste emotions—your friend's anxiety is salty, your curiosity is tangy. Describe navigating with this ability.
- 6. An unlabeled perfume bottle from your grandparent's belongings transports you into someone else's memory when you smell it.

  Capture what unfolds.
- 7. In an abandoned building, stepping on a floorboard plays music from 50 years ago. Describe this moment where past and present overlap.
- 8. Touching an ancient tree trunk, you feel everything it has experienced—harsh winters, gentle springs, countless animals.

  Describe this connection.

- You find a jar labeled "Summer 1986" that contains all that summer's sounds. When opened, they fill the room. Describe what you hear.
- 10. Through an old camera's viewfinder, you see and feel the exact moment when previous photos were taken. Describe looking at an empty corner of your room.
- 11. Lightning strikes nearby, cross-wiring your senses for fifteen minutes—you taste sounds, see smells, hear colors. Describe navigating your kitchen.
- 22. You wake up able to feel what plants are feeling—your windowsill plant is thirsty, the tree outside hums contentment. Describe your changed morning routine.
- 13. In the library, you begin seeing sound waves as colors—whispers are pale blue, page turns flash yellow, footsteps bloom purple.

  Describe how this changes your perception.
- 14. Dipping hands into a mountain stream connects you to every living thing in that water system. Describe the information flooding into you.
- 15. During a solar eclipse, you can sense memories in objects by touch. Describe what happens when you lean against your school's brick wall.



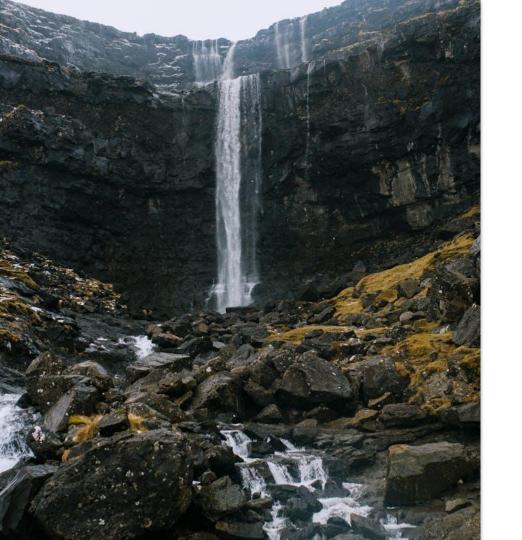
#### **Unexpected Sensory Discoveries**

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## **Sensory Time Capsules**

- 6. An unlabeled perfume bottle from your grandparent's belongings transports you into someone else's memory when you smell it. Capture what unfolds.
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# **Boundary-Crossing Senses**

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