Sensory Zone Map

Draw or print out the home layout and mark areas that have sensory inputs. Use this example scenario to get started.

In this scenario, Andy lives with a roommate in an apartment with a 2-bedroom, 2-bathroom setup. Andy's roommate has the room with the private, ensuite bathroom because they like the morning sun coming in from the east window, while Andy does not. Andy marked areas in their home where light, sound, touch, temperature, and smells were good, or not so good, or neutral.

