

5-SENSES DESCRIPTION BUILDER™

Add at least 3 senses
to every scene



HOW TO USE THIS PAGE

Pick a scene (exam room, storm, concert, playground, etc.).

Use the word bank to add 1–2 details from different senses.

Use the checklist to make sure you've used at least three senses.

PART 1 – QUICK SENSE REMINDER

■ **Sight** – what you see (colour, light, shape, movement)

■ **Sound** – what you hear (volume, rhythm)

■ **Smell** – what you smell (strong, faint, nice, disgusting)

■ **Taste** – what you taste (food, air in your mouth)

■ **Touch / Feel** – what you physically feel (temperature, texture, weight)

PART 2 – SENSORY WORD BANK

You don't need to use all of these. Just grab 1–2 from different senses.

■ SIGHT – WHAT IT LOOKS LIKE

Adjectives (what it looks like):

bright, dim, glowing, flickering
crowded, empty, tiny, massive
dusty, shiny, clean, muddy
colourful, pale, dark, blurry

Verbs (what it does):

flashed, shimmered, glowed, faded
rushed, crawled, drifted, twisted
shook, trembled, swayed, spun

Sentence starters:

"In front of me I saw..."
"The room was filled with..."
"The sky looked..."

■ SOUND – WHAT IT SOUNDS LIKE

Adjectives:

loud, quiet, deafening, faint
sharp, harsh, soft, gentle
echoing, booming, crackling, whispering

Sound words (onomatopoeia):

bang, crash, click, buzz, snap, thud, tap, clang, rustle, hiss

Sentence starters:

"I could hear..."

"All around me..."

"The only sound was..."

■ SMELL – WHAT IT SMELLS LIKE

Adjectives:

fresh, stale, sweet, sour

smoky, burnt, dusty, musty

flowery, spicy, fruity, salty

Sentence starters:

"The air smelled of..."

"There was a strong smell of..."

"A faint smell of ____ drifted past."

■ TASTE – WHAT IT TASTES LIKE

(Use even in non-food scenes – the air can taste dry, salty, dusty.)

Words:

sweet, bitter, salty, sour

spicy, bland, rich, creamy

dry, metallic, dusty

Sentence starters:

"It tasted..."

"I could taste ____ on my tongue."

"Every bite was..."

■ TOUCH / FEEL – WHAT IT FEELS LIKE

Temperature & texture:

warm, cold, boiling, freezing

rough, smooth, slippery, sticky

soft, hard, sharp, bumpy

Body feelings:

my hands were sweaty

my legs were shaking

my heart was pounding

my throat felt dry

Sentence starters:

"The ____ felt..."

"My ____ was..."

"The air felt..."

PART 3 – 5 READY-MADE MULTI-SENSE SENTENCE TEMPLATES

Use these patterns to mix senses in one sentence.

Sight + Sound

"The [thing] [verb – sight] while [sound] filled the air."

The stage lights flickered while nervous coughing filled the air.

Sound + Feel

"With [sound] in my ears, my [body part] [feeling verb]."

With the crowd roaring in my ears, my hands shook.

Smell + Memory / Feeling

"The smell of [smell] made me feel [feeling]."

The smell of disinfectant made me feel even more nervous.

Taste + Emotion

"I could taste [taste word] as I [action]."

I could taste bitterness as I read my result.

Touch + Sight

"The [object] felt [texture/temperature] in my hands as I looked at [what you see]."

The letter felt rough in my hands as I looked at my name at the top.

PART 4 – 5-SENSES SCENE CHECKLIST

Use this mini-table for each scene.

Scene name: _____

(e.g. "Exam room", "Storm at night", "Winning the race")

Tick the senses you used in that scene:

Sense	Did I use it?	My detail (short reminder)
■ Sight	■ Yes	_____
■ Sound	■ Yes	_____
■ Smell	■ Yes	_____
■ Taste	■ Yes	_____
■ Touch/Feel	■ Yes	_____

■ Goal:

Every important scene should have at least 3 boxes ticked.

If there are only 1–2 ticks:

- Pick one of the missing senses.
- Add one short detail using the word bank.

Example:

"The hall was quiet." →

"The hall was quiet, and the air smelled faintly of dust and old wood."

Now you've used Sight + Sound (quiet hall) + Smell (dust/wood).

HOW PARENTS CAN COACH THIS IN 2 MINUTES

When your child finishes a paragraph:

Ask:

"Which senses did you use here?"

Draw a quick tick box and mark them.

If they only have 1–2:

"Pick one missing sense and add one short detail from the word bank."

Do this a few times and they'll get into the habit of asking themselves:

"What can I add so the reader can see, hear, and feel this scene?"

That's how the **5-Senses Description Builder™** delivers on its promise: your child goes from flat, one-sense writing to scenes that use **three or more senses every time**.