

Module 2

LISTEN TO YOUR SENSES

well
home



OBSERVATION & INTERPRETATION SHEET



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This template serves as a structured guide to support both observation and interpretation when using the LISTEN TO YOUR SENSES tool. Its primary aim is to capture narrative, sensory, and symbolic cues from the users' responses, observe emotional and bodily reactions, and provide a basis for reflection and future design thinking.

This point of this activity is to understand their sensory preferences. Every response, gesture, or mark can inform empathy-driven design insights without being judgmental or prescriptive.

SECTION	WHAT TO RECORD	HOW TO INTERPRET
Participant	<i>Name</i>	-
User's approach to the LISTEN TO YOUR SENSES tool	<i>How did the user interact with each sensory exercise? Did they explore thoroughly, take time, hesitate, or show curiosity?</i>	<i>Look for engagement, willingness to explore senses, openness to new experiences, and comfort with non-verbal expression</i>
Sensory responses	<i>Observations for each sense (touch, hearing, smell, taste, sight): reactions, preferences, dislikes, intensity of engagement</i>	<i>Identify patterns in sensory preferences, sensitivities, or areas of curiosity; note any surprises or unexpected responses</i>

Narrative or symbolic traces from creative output	<i>Words, phrases, drawings, shapes, colors, collages, or abstract marks</i>	<i>Detect emotional cues, metaphors, and symbolic representation of experiences; recognize recurring themes, omissions, or emphasis</i>
Non-verbal cues	<i>Facial expressions, body postures, gestures, tone of voice, silences, sighs, smiles</i>	<i>Highlight comfort levels, emotional reactions, and moments of reflection or hesitation</i>
Reflection notes	<i>Any surprises, insights, difficulties, or emotional reactions observed</i>	<i>Use for deeper understanding of users' preferences and needs</i>

Potential design insights	<i>Connections between observed preferences and possible spatial implications (e.g., lighting, materials, textures, sound, color)</i>	<i>Make initial assumptions about how the observations from this activity could inform the design of a space</i>
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