



Sensory Scene Builder Worksheet

Design rituals and scenes that engage touch, sound, smell, and more to deepen your dynamic.

1. Scene Name & Theme

What is this scene called? What vibe or mood are you creating?

Examples: *Velvet Command*, *Silent Surrender*, *Scent of Control*

Scene Name: _____

Theme / Mood: _____

2. Primary Sense Focus

Which sense will be the main focus of this scene?

(Choose one or two to emphasize)

- ☐ Touch
- ☐ Sound
- ☐ Smell
- ☐ Sight
- ☐ Taste

Focus Sense(s): _____

3. Touch Elements

How will you use physical sensation to build control and connection?

Examples:

- Slow caresses or firm grips
- Use of gloves, silk scarves, or restraints
- Impact play (paddles, crops)
- Temperature play (ice, warm oils)

Planned Touch Elements: _____

4. Sound Elements

What sounds will shape the scene?

Examples:

- Your voice (commands, whispers, silence)
- Background music or ambient sounds
- Use of bells, chimes, or other props
- Partner's breathing or responses

Planned Sound Elements: _____

5. Smell Elements

What scents will you incorporate?

Examples:

- Candles or incense (lavender, sandalwood, vanilla)
- Essential oils or massage oils
- Scented fabric or perfume
- Natural scents (leather, skin)

Planned Smell Elements: _____

6. Sight Elements

How will visuals enhance the scene?

Examples:

- Lighting (dim, candlelight, colored bulbs)
- Your outfit or makeup
- Use of props (chains, collars, masks)
- Positioning and posture

Planned Sight Elements: _____

7. Taste Elements

Will taste play a role? How?

Examples:

- Feeding or drinking rituals (wine, chocolate, tea)
- Edible body products
- Denial or permission with food/drink

Planned Taste Elements: _____

8. Scene Flow

Outline the sequence of sensory moments. What comes first? How does the scene build? How does it end?

1. _____

2. _____

3. _____

4. _____

5. _____

9. Words & Commands

What phrases will you use to enhance sensory control and emotional connection?

Examples:

- “Feel my hands, and listen closely.”
- “Breathe in this scent; you belong to me.”
- “Watch me, but do not speak.”

Planned Words & Commands: _____

10. Aftercare Considerations

How will you transition out of the scene and care for each other's physical and emotional needs?

Examples: gentle touch, quiet talking, sharing water or snacks

Aftercare Plan: _____

11. Reflection & Notes

After the scene, jot down what worked, what could be improved, and how the sensory elements affected your connection.

Reflection Notes: _____