

Sensory Zones Map

A tool for mapping the sensory flow of your home — so you can reduce overwhelm and create spaces that restore your nervous system.

How to Use This Map

Walk through your home and evaluate each room using the prompts below.

Mark each space as:

- **Red Zone:** High sensory load
- **Yellow Zone:** Moderate sensory load
- **Green Zone:** Low sensory load (restorative)

Then note the primary sensory triggers and supports in each room.

Finally, use the insights to redesign your environment with sensory-friendly flow.

Step 1: Identify Your Zones



RED ZONE — High Sensory Load

These areas overwhelm you quickly. They may be loud, bright, cluttered, high-traffic, or unpredictable.

Common Signs:

- You avoid this space or feel tense when entering
- You get irritable, overstimulated, or shut down here
- Too many sensory inputs overlap (noise, clutter, smells, movement)
- You cannot focus or complete tasks easily

Examples:

Kitchen, kids' play areas, laundry room, living room during active hours

My Red Zones:

1. _____

2. _____

3. _____

Main Sensory Triggers (check all that apply):

- Noise
- Visual clutter
- Movement
- Smells
- Bright lighting
- Temperature
- Textures
- Multiple people in the space
- Echo / hard surfaces
- Other: _____

YELLOW ZONE — Moderate Sensory Load

This space is not overwhelming by default, but it can become stressful depending on activity, time of day, or clutter.

Common Signs:

- Sometimes fine, sometimes draining
- Mild irritability or distraction
- Sensory load increases with noise or mess
- You can function here, but not comfortably for long

My Yellow Zones:

1. _____

2. _____

3. _____

Potential Stressors:

- Mild clutter

Background noise
 Inconsistent lighting
 Shared space with others
 Occasional strong smells
 Temperature changes
 Other: _____

Supports That Help:

Soft lighting
 Noise buffer
 Clear surfaces
 Predictable routines
 Closing doors / curtains
 Other: _____

GREEN ZONE — Low Sensory Load (Recovery Space)

These are your calming, restorative areas — the places where your nervous system resets.

Common Signs:

- You breathe more easily here
- You feel grounded or calmer within minutes
- You can think clearly and decompress
- You naturally gravitate toward this area when stressed

My Green Zones:

1. _____
2. _____
3. _____

What Makes It Restorative:

Dim, warm, or soft lighting
 Quiet or controlled sound environment
 Minimal visual clutter
 Comfortable textures
 Stable temperature

- Predictability
- A sense of privacy
- Other: _____

Ideas to Strengthen Your Green Zones:

- Add soft lighting or lamps
- Reduce visible clutter
- Add comforting fabrics or textures
- Introduce one calming focal point
- Remove noisy electronics
- Add grounding items (weighted blanket, fidget, pillows)
- Other: _____

Step 2: Map the Flow of Your Home

Draw your own floor plan and color-code each room:

Red = Overwhelming spaces

Yellow = Mixed or conditional spaces

Green = Restorative spaces

Step 3: Identify Patterns and Triggers

Questions to Reflect On:

1. Which areas drain you the fastest? Why?

2. Are your red zones clustered in one part of the home or scattered?

3. Do you have enough green zones to recover during the day?

- Yes
- No
- Not sure

4. What sensory inputs overwhelm you the most at home?

- Noise
- Visual clutter
- Movement
- Smells
- Touch / Temperature
- Crowding / Shared spaces
- Lighting

5. What small changes could reduce your everyday sensory load?

Step 4: Create Your Sensory Support Plan

Reduce Red Zones:

List 1–3 small adjustments for each red zone.

Room: _____

Changes to try:

1. _____

2. _____

3. _____

Room: _____

Changes to try:

1. _____

2. _____

3. _____

Strengthen Yellow Zones:

Small interventions keep these spaces tolerable.

Room: _____

Supports to add:

1. _____

2. _____

3. _____

Protect Your Green Zones:

These are sacred restoration spaces.

Room: _____

Non-negotiables to maintain peace:

1. _____

2. _____

3. _____

Optional: Daily Sensory Check-In

Today, my nervous system needs:

- Less noise
- Less light
- Less clutter
- More warmth
- More quiet
- A soft corner
- A pause
- A predictable routine
- Time alone
- Other: _____

Optional: My Sensory “Reset Ritual”

A simple sequence to bring your sensory load down:

1. _____

2. _____

3. _____