Sensory Boundaries Lab

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

People need different seating arrangements.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Discuss preferences about sound, distance, lighting, and touch with no required explanation.

3. What preference can be honored without a backstory?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.