

PATTERN ATLAS — ZONE & MICRO-ZONE MAP

Module 3 — Zones, Micro-Zones & Sensory Flow

1. Core Zone Overview

Use this section to identify the major “macro-zones” of a person’s lived environment. These are the large-scale ecological containers that shape sensory input, behavior, and pattern expression.

Primary Zones (Macro-Zones):

- **Home Zone:**
 - Function:
 - Dominant sensory qualities:
 - Pattern influence:
- **Work/Creation Zone:**
 - Function:
 - Dominant sensory qualities:
 - Pattern influence:
- **Transition/Movement Zone:**
 - Function:
 - Dominant sensory qualities:
 - Pattern influence:
- **Social/Community Zone:**
 - Function:
 - Dominant sensory qualities:
 - Pattern influence:
- **Restoration/Recovery Zone:**

- Function:
- Dominant sensory qualities:
- Pattern influence:

Optional Additional Zones:

- Learning Zone
- Ritual Zone
- Food/Preparation Zone
- Outdoor/Nature Zone

2. Micro-Zone Identification

Micro-zones are the *functional pockets* inside each macro-zone — the sensory niches where specific behaviors, moods, and patterns emerge.

Use this grid to map them.

Micro-Zone Grid

Macro-Zone	Micro-Zone Name	Function	Sensory Qualities	Pattern Expression	Notes
Home					
Home					
Work					
Work					
Social					
Restoration					
Transition					

Prompts for clarity:

- What *actually happens* in this micro-zone
- What sensory qualities dominate (light, sound, texture, temperature, movement, scent)
- What patterns are supported or disrupted
- What micro-behaviors emerge here

3. Sensory Flow Mapping

This section captures how a person *moves through* their zones and micro-zones across a day—and how sensory qualities shift as they transition.

A. Flow Sequence (Chronological)

List the order in which zones are typically encountered.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

B. Sensory Shift Notes

For each transition, identify the sensory “jump” or “drop.”

From → To	Sensory Shift	Pattern Impact	Adjustment Opportunities
→			
→			
→			

Examples of sensory shifts:

- dim → bright

- quiet → chaotic
- warm → cold
- still → high-movement
- soft → sharp
- diffuse → focused

4. Zone Pattern Diagnostics

This section helps facilitators identify where patterns break, strengthen, or distort.

A. Zone Strengths

- Zones that support regulation:
- Zones that support creativity:
- Zones that support clarity:
- Zones that support grounding:

B. Zone Friction Points

- Zones that drain energy:
- Zones that trigger overwhelm:
- Zones that scatter attention:
- Zones that disrupt rhythm:

C. Micro-Zone Hotspots

- Micro-zones where patterns collapse:
- Micro-zones where patterns flourish:

5. Ecological Function of Each Zone

This section ties the map back to ecological patterning — what each zone *does* in the person's internal ecosystem.

Zone Ecological Function Sensory Role Behavioral Role Pattern Role

🌀 6. Sensory Flow Archetype (Optional)

Participants often fall into recognizable flow patterns. This helps them name their style.

Common Flow Archetypes:

- **The Hopper:** jumps between micro-zones rapidly
- **The Tunnel:** stays in one zone too long
- **The Spiral:** cycles through zones in repeating loops
- **The Weaver:** moves fluidly with minimal friction
- **The Fragmented:** disrupted flow, abrupt transitions
- **The Nest-Builder:** invests heavily in one restorative micro-zone

Your Flow Archetype:

- Name:
- Evidence:
- Pattern implications:

🌿 7. Integration & Adjustments

This final section supports actionable change.

A. Micro-Adjustments

Small sensory or structural tweaks that shift pattern expression.

- Add/remove sensory inputs
- Reposition objects
- Adjust lighting
- Change textures
- Introduce anchors or cues

- Modify transitions

B. Zone Redesign Opportunities

- Which zones need re-patterning
- Which micro-zones need clearer boundaries
- Which transitions need smoothing
- Which sensory qualities need balancing

C. Flow Optimization Plan

- Priority adjustments:
- Expected pattern outcomes: