

Sensory Checklist

The following checklist is not to be used to diagnose a child. It is an indicator of sensory over (hypersensitiveness) or under-responsiveness (seeking red- or low arousal- yellow). The purpose of this checklist is to assist in deciding on which problems a child is showing and to decide on how best to help the child. Remember that it is normal for all people to be sensitive to certain sensations. [Sensory problems only become a disorder when it becomes dysfunctional or causes an abnormally extreme reaction to a sensory stimulus.](#)

PLEASE OBSERVE YOUR CHILD/PUPILS CLOSELY FOR 3 TO 4 DAYS AND PUT A TICK BESIDE BEHAVIOURS THAT HE/SHE SHOWS

Notes:



Tactile (Touch)

Symptoms of Hyper/Over-Responsiveness:	Symptoms of Under-Resp.*** = Symptoms of Under- Responsiveness
___ avoids affectionate touch	___ always touching others***
___ bothered by seams in clothing, tags, waistbands, etc.	
___ avoids messy play including finger-painting and play-doh	___ doesn't seem to notice messy hands or face
___ dislikes nail-trimming/hair-cutting hair- brushing/tooth-brushing	___ touches everything, brings objects and toys to mouth frequently***
___ limited food preferences, sensitive to food textures	___ may put too much food in mouth
___ excessively ticklish	___ seems unaware of light touch



___ avoids standing close to others to others	doesn't seem to notice cuts and scrapes, doesn't mind shots
___ startles easily when touched unexpectedly	___ drools, doesn't wipe runny nose
___ overreacts to minor injuries	___ unintentionally rough on pets or other kids
___ difficulty with fine motor tasks	___ craves intense flavours - salty, sweet, sour, spicy***

Notes:



Proprioceptive (Pressure On Muscles And Joints)

Since proprioceptive input is always helpful to the nervous system, we do not see over-responsivity in this category.

Symptoms of Under-Responsiveness:	
_____ loves jumping, climbing, wrestling, and crashing activities***	_____ difficulty with fine motor tasks
_____ prefers crunchy and chewy foods***	_____ sucks thumb or fingers, chews on clothes and toys
_____ grinds teeth, cracks knuckles***	_____ loves tight hugs and “squishing” activities or positions***
_____ chooses thick or heavy blankets	_____ self-abusive behaviours - pinching, biting, head-banging***
_____ prefers tight-fitting clothes or may wear a snug jacket constantly***	

Notes:



Other symptoms of proprioceptive dysfunction that are not classified as either over- or under-responsiveness include (place 1 to 10 beside any that apply):

<p>_____ accidentally breaks objects frequently,</p>	<p>presses too hard or too light when colouring or writing,</p>
<p>_____ uses inappropriate force on objects (i.e. may squeeze juice boxes too tightly),</p>	<p>uses too much force for things like opening/ closing doors, plays roughly with animals and other kids.</p>

Notes:



Vestibular (Movement)

Symptoms of Hyper/Over-Responsiveness(over sensitive)	Symptoms of Under-Responsiveness:(seeking)
_____ as a baby, dislikes being held away from adult’s body or tossed in air, may be “clingy”	_____ as a baby, needs to be rocked a lot, is happiest in stroller, swing, bouncer***
_____ avoids swings, slides, anything that requires feet to be off the ground	_____ dislikes sedentary tasks
_____ fearful of escalators, elevators, and all heights	is in constant motion, loves spinning, swinging, being upside down***
_____ gets motion sick easily	_____ may have low muscle tone (muscles and joints seem too soft and floppy)
_____ dislikes leaning back for hair-washing or floating on back in pool	_____ “W” sitting on floor, slumps, leans over in chair
_____ washing or floating on back park rides, is a “thrill-seeker”***	_____ loves spinning, loves amusement park rides, is a “thrill-seeker”***

Notes:



Auditory (Sound)

Symptoms of Over-Responsiveness: hyper sensitive	Symptoms of Under-Responsiveness: seeking
_____ as a baby, startles easily, cries with vacuum, hair- dryers, toilet flushing	_____ may not consistently respond to name (rule out hearing loss)
_____ dislikes noisy places	_____ prefers tv/ music to be loud noises
_____ easily distracted and bothered by background noises	_____ often doesn't notice background
_____ cries, covers ears with loud or unexpected sounds	_____ makes own sounds frequently, enjoys silly sounds of others***
_____ asks others to be quiet	_____ says "What?"
	_____ may appear oblivious to some sounds, difficulty locating sound
	_____ may use self-talk through a task

Notes:



Visual (Sight)

Symptoms of Over-Responsiveness: hypersensitive	Symptoms of Under-Responsiveness: seeking
<input type="checkbox"/> bothered by bright lights, sun	<input type="checkbox"/> loves shiny, spinning or moving objects***
<input type="checkbox"/> dislikes visually busy places (stores, playgrounds, cluttered rooms)	<input type="checkbox"/> difficulty with eye-hand coordination tasks (catching a ball, stringing (beads, tracing and writing)
<input type="checkbox"/> avoids eye contact	<input type="checkbox"/> loves action-packed, colourful tv shows and electronic games***
<input type="checkbox"/> prefers dim lighting, shade	<input type="checkbox"/> difficulty distinguishing between similar letters and shapes
<input type="checkbox"/> rubs eyes a lot, may get headaches from reading/ bright light	<input type="checkbox"/> difficulty with visual-tracking, may lose place frequently while reading

Notes:



Gustatory And Olfactory (Taste And Smell)

Symptoms of Over-Responsiveness: <i>hypersensitive</i>	Symptoms of Under-Responsiveness: <i>seeking</i>
_____ talks about smell a lot, notices odours others don't notice	_____ smells and licks inedible objects such as toys and play-doh***
_____ holds nose, avoids places with perfume, strong smells (some restaurants)	_____ likes strong odours such as cleaning products & petrol
_____ dislikes new foods, may have very limited food preferences	_____ prefers strongly flavoured foods spicy, salty, bitter, sour, sweet***

Notes: Make a note of the behaviours that DISRUPT the child's ability to learn- you may find some reds & some blues in the same child. Take note of WHICH are more prevalent behaviours?

