



# Sensory Classroom Checklist

for Teachers / Educators

## YOUTUBE FREEBIE

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

DATE: \_\_\_\_\_

Check off any item that the student struggles with.

If the student struggles with the item 50% of the time or more, check it off.

If there are 2+ boxes checked in a category, it's likely the student is struggling to process that specific type of sensory input. It's recommended to provide accommodations based on sensory processing and consult with your school's OT for more testing and strategies for success.

### VESTIBULAR

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- Always on-the-go; can't sit still
- Seeks out lots of movement on the playground
- Appears clumsy; poor balance
- Displays low muscle tone
- Challenges with visual tasks

### PROPRIOCEPTION

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- Pushes too hard on writing utensil
- Pushes too soft on writing utensil
- Bumps into things frequently
- Appears lethargic
- Slumps or leans in chair; lays on desk
- Walks while leaning against the walls
- Stands too closely to peers in line

### VISUAL

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- Below age level reading / writing
- Stares at moving objects
- Squints or blinks very frequently
- Challenges with balance
- Complains of headaches
- Difficulty with ball skill activities
- Minimal eye contact
- Challenges completing puzzles or other visual perceptual tasks

## AUDITORY

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- Cannot follow multi-step instructions
- Asks "what?" frequently (not related to hearing loss)
- Makes excessive noises
- Avoids noisy environments
- Displays anxiety with loud or sudden noises
- Difficulty tuning out competing background noises, such as the fan

## GUSTATORY, OLFACTORY, ORAL MOTOR

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- Avoids areas with strong smells (bathroom, cafeteria, etc.)
- Comments on smells frequently
- Chews or licks non-edibles (clothing, hair, pencil, etc.)
- Noted to seek out certain flavors or textures of food
- Noted to avoid certain flavors or textures of food
- Speech and articulation difficulties
- Excessive drooling

## TACTILE

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- Displays anxiety when touched
- Seems uncomfortable in own skin
- Cannot tolerate messy hands / face
- Attempts to touch everyone / everything
- Fidgets constantly
- Constantly touching everything and everyone to the point of bothering peers

## INTEROCEPTION

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- Difficulty identifying hunger and thirst cues
- Cannot make it to the bathroom in time
- Not toilet trained at expected age
- Complains of pain often, that peers do not seem to notice
- Cannot identify hot vs. cold temperatures
- Difficulties with emotional regulation
- Challenges making and keeping friends
- Poor impulse control