



**YOUTUBE
FREEBIE**

Sensory Preferences Checklist

for Ages 5+

NAME:

AGE:

DATE:

In each section, check all that apply to the child.

Identify which category the child fits into. Are they more over-responsive or under-responsive?

Are they seeking sensory input? Or are they a mixture of all of the above?

Understanding the child's sensory preferences is the first step to helping them meet their unique sensory needs!

This is not a standardized checklist or diagnostic tool. Observational only of sensory over- or under-responsiveness.



VISUAL SYSTEM

Over Responsive

*Under Responsive / Sensory Seeking**

- Unable to tolerate bright lights
- Difficulty locating items in a visually busy environment
- Avoids eye contact
- Frequent headaches or eye fatigue during visually stimulating tasks (reading, writing)
- Difficulty focusing on a task when in a visually busy environment
- Dislikes visually busy environments (may act fearful or avoid)

- Loves bright lights and bright colors*
- Prefers fast moving visual input*
- Challenges with visual motor (hand-eye coordination) tasks for their age
- Poor handwriting for their age
- Loves to spin and/or move fast*
- Frequently seems oblivious to surrounding visual input
- Loses place while reading (after age when should be a proficient reader)

*Indicates sensory-seeking behavior. Sensory seeking is when the body "feels" like it doesn't get enough, so you will seek MORE of that input throughout the day and will seem "on the go."



AUDITORY SYSTEM

Over Responsive

Under Responsive / Sensory Seeking*

- Unable to tolerate loud environments
- Fight or flight response to loud or unexpected noises
- Easily distracted by nearby sounds
- Unable to hold a conversation in a busy environment
- Frequently asks others to "be quiet"

- Loves loud, fast music or noise*
- Does not respond immediately when name is called (no hearing loss)
- Often misses important auditory information
- Always uses self-talk or makes noises with mouth during focused tasks*
- Frequently seems oblivious to conversation or noises nearby



TACTILE SYSTEM

Over Responsive

Under Responsive / Sensory Seeking*

- Unable to tolerate certain clothing items or tags or seams
- Feels pain more easily than others
- Very limited food rapport
- Dislikes physical touch from others
- Fight or flight reaction when touched suddenly
- Unable to tolerate hands, feet, face, etc. to be messy or dirty
- Cannot walk barefoot on different surfaces
- Unable to tolerate nail clipping, hair washing or brushing, etc.

- Touches everyone and everything*
- May not recognize when someone / something is touching them
- Challenges knowing how much force to use with specific tasks
- Prefers crunchy foods*
- Loves deep touch pressure*
- Seeks out messy play activities*
- Poor fine motor skills for age

*Indicates sensory-seeking behavior. Sensory seeking is when the body "feels" like it doesn't get enough, so you will seek MORE of that input throughout the day and will seem "on the go."



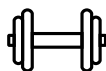
OLFACTORY & GUSTATORY SYSTEMS

Over Responsive

- Unable to tolerate certain smells, in certain environments
- Extreme dislike of certain flavors
- Extreme dislike of certain food textures
- Very picky eater

Under Responsive / Sensory Seeking*

- Does not notice strong scents
- Cannot distinguish between different scents
- Seeks out certain smells*
- Seeks out certain flavors or textures*
- Unable to distinguish between different tastes or textures
- Frequent mouthing of non-edible objects



PROPRIOCEPTIVE SYSTEM

Over Responsive

Proprioception is calming to the nervous system, therefore individuals are not over responsive to proprioceptive input.

Under Responsive / Sensory Seeking*

- Loves heavy work - running, jumping, pushing, pulling, etc.*
- Uses too much force for certain tasks
- Prefers crunchy food textures*
- Grinds teeth or mouths objects*
- Requires heavy work or weighted blankets to feel calm*
- Only likes tighter fitting clothing*
- Toe walks most of the time*
- Engages in self-injurious behavior - biting self, head banging, etc.

*Indicates sensory-seeking behavior. Sensory seeking is when the body "feels" like it doesn't get enough, so you will seek MORE of that input throughout the day and will seem "on the go."



VESTIBULAR SYSTEM

Over Responsive

- Always gets car sick
- Avoids playground equipment - slides, swings, climbing, etc.
- Easily loses balance during movement activities
- Easily dizzy, with minimal movement
- Dislikes or fearful of activities when feet leave the ground
- Seems fearful of activities that require head to tip back - hair washing

Under Responsive / Sensory Seeking*

- Always "on the go"*
- Does not feel dizzy when others do
- Unable to "sit still" for periods of focus time, appropriate for age*
- Low muscle tone and/or poor endurance
- W-sits or noted rounded back when seated on the floor or in a chair



INTEROCEPTIVE SYSTEM

Over Responsive

- Very low pain tolerance
- Unable to regulate temperature well
- Feels overly full with small amounts of food
- Considered "highly emotional"

Under Responsive / Sensory Seeking*

- Very high pain tolerance
- Does not recognize hunger cues
- Minimal emotions - seems more "flat" or expressionless
- Extreme temperature changes are not bothersome
- Very difficult to toilet train in toddlerhood
- Challenges dressing appropriately for the weather - i.e. wears shorts in winter

*Indicates sensory-seeking behavior. Sensory seeking is when the body "feels" like it doesn't get enough, so you will seek MORE of that input throughout the day and will seem "on the go."

Sensory Checklist Results

For each category, circle either Over-Responsive or Under-Responsive/Sensory Seeking(SS), based on where you marked the most items on the Sensory Preferences Checklist.

NAME:

AGE:

DATE:

Visual

Over-Responsive

Under-Responsive / SS

Auditory

Over-Responsive

Under-Responsive / SS

Tactile

Over-Responsive

Under-Responsive / SS

**Gustatory &
Olfactory**

Over-Responsive

Under-Responsive / SS

Proprioceptive

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

Under-Responsive / SS

Vestibular

Over-Responsive

Under-Responsive / SS

Interoception

Over-Responsive

Under-Responsive / SS

Now What?

Under-Responsive / Sensory Seeking(SS)

If you or the child is UNDER-RESPONSIVE in one category, this means your/their body "feels" like it doesn't get enough BUT you/they don't know how to get the input they seek, thus seem like 'bumps on a log.'

If you or the child is SENSORY SEEKING in one category, this means your/their body "feels" like it doesn't get enough, so you/they will seek MORE of that input throughout the day and will seem "on the go."

We want to provide yourself/them with MORE of this input in a functional way (such as with an obstacle course) to increase the body's ability to process it.

Over-Responsive

If you or the child is OVER-RESPONSIVE in one category, this means your/their body "feels" like it gets too much, so you/they will begin to AVOID that input.

We want to incorporate MORE of this input into daily life, slowly, to increase the body's ability to process and modulate it.