

Sensory Checklist

To support the understanding of your child's sensory differences please complete the sensory checklist below.

This may help to understand whether your child is over or under responsive to each sense, allowing you to choose appropriate sensory strategies to support your child to engage in daily activities.

How to complete the sensory checklist:

- For each sense tick the statements that are true for your child or young person
- Once you have completed the statements, if most of the ticks are in the under responsive section, tick mostly under responsive for that sense. If most of the ticks are in the over responsive section, tick mostly over responsive for that sense.
- If there are a similar number of ticks in both the under responsive and over responsive section, this may indicate that your child has a changing or fluctuating response to that sense. This may require strategies from either section, which will be dependent on the situation and the sensory response that you see.
- Fill in the *my child's sensory pattern* form using this information
- Write down 2 or 3 strategies from the presentation slides or sensory tool kit, which you are going to try at home

Tactile (touch)

Under responsive:

- ☐ Constantly touching everything, e.g. objects, running hands along the wall
- ☐ Fidgeting with something in hands
- ☐ Lacks body awareness
- ☐ Lacks awareness of touch, pain and temperature
- ☐ Lacks awareness of face and hands when messy
- ☐ Often mouths objects

Over responsive:

- ☐ Avoids touch e.g. messy play, or touching textures at meal times
- ☐ Becomes upset when hands or face are messy
- ☐ Prefers to touch rather than to be touched (in control of affection)
- ☐ Difficulties with self care tasks (hair brushing, washing, cutting)
- ☐ Appears uncomfortable in clothing
- ☐ Doesn't like to be wearing socks/shoes
- ☐ Pulls away, from others
- ☐ Becomes upset when others brush past them

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

Proprioception

Under responsive:

- ☐ Heavy handed e.g. presses hard through pencil, unintentionally breaks toys
- ☐ Frequently bumping, crashing climbing into people and surfaces
- ☐ Likes 'rough and tumble' play
- ☐ Clumsy with drinks, spills, over reaches, too forceful
- ☐ Tends to pet animals too much force
- ☐ Chews on toys and clothing
- ☐ Walks heavily, slamming doors
- ☐ Seems un-coordinated with movements
- ☐ Difficulty with gross motor tasks e.g. PE class, sports, dressing

Over responsive:

- ☐ Fear of moving
- ☐ Typically uses small movements
- ☐ Lacks motivation to play
- ☐ Sensitive to touch
- ☐ Poor posture
- ☐ Appears cautious when moving around
- ☐ Prefers to sit still
- ☐ Appears uncoordinated

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

Vestibular

Under responsive:

- ☐ Always spins, bounces, slides, runs, jumps, never walks
- ☐ Doesn't get dizzy
- ☐ Constantly moving/fidgeting when sitting and changing position
- ☐ Taking risks e.g. climbing
- ☐ Hanging upside down
- ☐ Seeks head movement

Over responsive:

- ☐ Avoids risk taking
- ☐ Fearful of falling or changes in surfaces e.g. walking down curbs, stairs
- ☐ Dislikes rough play
- ☐ Avoids playground equipment
- ☐ Leans into objects when sitting/ standing for support
- ☐ Fear of lifts or escalators
- ☐ Moves cautiously and avoids head movement

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

Visual

Under responsive:

- ☐ May have difficulties finding objects
- ☐ Overly stares at people intensively
- ☐ Difficulties tracking objects such as following a ball
- ☐ May like to watch things spin
- ☐ May be slow / hesitate on stairs
- ☐ Difficulty with visual activities e.g. puzzles, locating objects

Over responsive:

- ☐ Bothered by types of lighting e.g. strip lights in schools/supermarkets, sunlight
- ☐ Easily distracted in busy environments e.g. shopping centres
- ☐ Avoids eye contact
- ☐ Distress at sight of moving objects
- ☐ May focus intensely on one visual stimulus to block out others

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

Auditory (Hearing)

Under responsive:

- ☐ Doesn't seem to hear when their name is called or instructions given
- ☐ Appears not to hear certain sounds
- ☐ Doesn't respond to voices/new sounds
- ☐ Cannot determine location of sounds or voices
- ☐ May talk loudly
- ☐ Has TV, music etc. turned up high

Over responsive:

- ☐ Upset with loud noises e.g. assemblies, dinners halls, alarms
- ☐ May run away from or 'hit out' at loud noises
- ☐ Upset with household noise e.g. hair dryer, Hoover, toilet flushing
- ☐ May avoid noisy environments e.g. toilets (hand dryer)
- ☐ Unproductive with background noise
- ☐ Making own noise, to block out other noise

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

Taste and Smell

Under responsive:

- ☐ Mouths, smells, or eats non-food objects
- ☐ May not notice strong odours, tastes, or temperature within the mouth
- ☐ Cannot distinguish between odours
- ☐ Smells other people, clothes, hair

Over responsive:

- ☐ Shows distress at smells other children don't notice
- ☐ Gags from certain food textures/ smells
- ☐ Avoid places e.g. restaurants, kitchens, dinner halls, shops with intense smells
- ☐ Preference for particular tasting foods

Mostly Under Responsive

☐

Mostly Over Responsive

☐

Fluctuating

☐

Strategies to trial:

- 1.
- 2.
- 3.

My child's sensory pattern

Sense	Under Responsive	Over Responsive	Fluctuating
Tactile (touch)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proprioception	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vestibular	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Auditory (hearing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taste & Smell	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>