Sensory Behaviour Checklist

What is Sensory Processing?

Sensory processing makes it possible for a person to use the sensory input they receive from their body and environment in a functional, adaptive manner.

Effective sensory processing is necessary for almost every activity. We must be able to integrate the information we receive from all our senses to understand our surroundings. A person with sensory processing issues has difficulty processing sensory input from their eyes (vision), ears (sound), skin (touch), nose (smell), mouth (taste), muscles and body joints (body awareness), and inner ear (balance & position of body in space).

For some people, sensory integration does not develop as it should and this may affect their sight, hearing, smell, touch, taste or spatial awareness. An individual can experience hypersensitivity (excessive and undesirable reactions) or hyposensitivity (under-responsive and difficulty in processing responses).

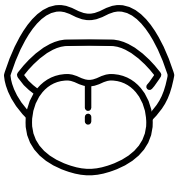
This checklist aims to identify sensory processing issues. It is not a diagnostic tool and professional advice should be sought.



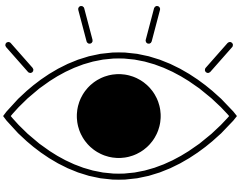
Touch
What your skin feels (texture, tightness, pressure, temperature etc)



Sound
The sound waves that your ears register, including different pitches and frequencies



Taste
The signals that your tastebuds receive in your mouth (sweet, salty, sour, bitter, umami)



Vision
The colours and depth perception signals that your eyes receive from your surroundings

Smell
The scents and aromas that your nose picks up from the objects around you



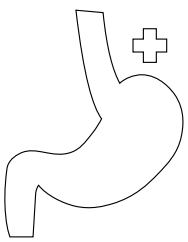
Vestibular
What constitutes your sense of balance and spacial orientation or co-ordination of your head and body



Proprioception
The system that focuses on the body's muscle and joint movement



Interoception
What gives you signals of your internal organs, such as hunger, pain, urination etc



Sensory Behaviour Checklist

Proprioception – Input / feedback informing movement, body position, weight, movement, spatial awareness

Under responsive (please note you are unable to be over-responsive to proprioception)



- [ ] Unable to keep still, very fidgety, craves movement
- [ ] Often sits in a W position on the floor
- [ ] Poor fine motor skills
- [ ] Walks on toes or stomps feet
- [ ] Likes jumping / trampolining / bouncing
- [ ] Difficulty turning handles, opening and closing items
- [ ] Enjoys bear hugs (on own terms)
- [ ] Rocks, spins, flaps, takes risks
- [ ] Loves rough and tumble, physical contact games
- [ ] Likes tight and small spaces
- [ ] Has sleeping difficulties
- [ ] Difficulties manipulating small objects e.g. tying laces
- [ ] Clumsy, everything is done with too much force
- [ ] Enjoys falling off objects
- [ ] Likes being wrapped in blanket / firm touch / massage
- [ ] Grinds teeth
- [ ] Frequently cracks knuckles
- [ ] Exerts too much pressure when handling objects
- [ ] Excessive banging of objects
- [ ] Unaware of personal space / body position in space
- [ ] Wears clothes (belts, shoelaces) as tight as possible
- [ ] Difficulty regulating pressure when writing or drawing, presses too lightly or too hard
- [ ] Often rips paper when erasing, pushing too hard
- [ ] May not understand how heavy or how light
- [ ] May love pushing, pulling or dragging objects.

Sensory Behaviour Checklist

Vestibular – Contributes to our balance system (inner ear) and our sense of spatial orientation



Over Responsive

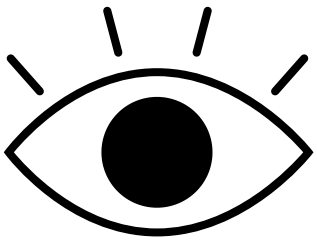
- [ ] Fear of heights
- [ ] Fear of lifts / escalators walking upstairs / uneven surfaces
- [ ] Avoid feet leaving the ground
- [ ] Dislikes head being tipped back (washing hair)
- [ ] Dislikes sudden movement / anxious if moved suddenly
- [ ] Fears challenges to balance (being pushed / falling)
- [ ] Dislikes ladders, slides, swings
- [ ] Avoids active games
- [ ] Avoids activities requiring balance, hopping, jumping
- [ ] May have difficulty riding a bike
- [ ] Travel sickness
- [ ] Dislikes stop and start of car
- [ ] Dislikes change of position, avoids rapid or rotating movements.

Over Responsive

- [ ] Rocks, spins, hops, runs or bounces rather than walks
- [ ] Cannot keep still, i.e.; shakes leg, moves head, rocks body when seated
- [ ] Like fast rides
- [ ] Likes being spun around (being on a roundabout)
- [ ] Spins self, and does not get dizzy
- [ ] Enjoys being thrown in air e.g. trampoline
- [ ] Enjoys rough and tumble
- [ ] Seeks balancing activities
- [ ] Likes climbing
- [ ] Poor balance
- [ ] Loves to swing as high as possible
- [ ] Is a thrill seeker and can be dangerous at times?

Sensory Behaviour Checklist

Visual – sensitivity to lights, difficulty focusing, distracted by stimuli



Over Responsive

- [ ] Covers eyes / withdraws from bright lights
- [ ] Avoids certain / bright colours
- [ ] Gets headaches from lights / reading / watching TV
- [ ] Looks down to the side or out of corner of eyes
- [ ] Focus on detail
- [ ] Pays attention to small details
- [ ] Poor/or avoids eye contact
- [ ] Prefers dark areas / playing in the dark
- [ ] Avoids looking at TV or computer screen
- [ ] Difficulty matching / sorting objects
- [ ] Seems not to see objects on busy pictures
- [ ] Constantly scans visual information
- [ ] Finds coloured lenses useful when reading

Over Responsive

- [ ] Has difficulty distinguishing certain letters – p/q. b/d, x/+
- [ ] Makes reversals in words – saw/was, no/on
- [ ] Loses place when reading or doing maths problems
- [ ] Difficulty in seeing different colours, shapes, sizes
- [ ] Craves bright, colourful and cluttered spaces
- [ ] Seeks bright lights / flickering lights
- [ ] Likes shiny objects / colourful resources
- [ ] Rubs eyes hard / inappropriate staring
- [ ] Uses peripheral vision / sees double
- [ ] Watches repetitive movements
- [ ] Enjoys flicking lights on and off
- [ ] Like watching sand falling and water
- [ ] Lines up objects
- [ ] Likes looking at spinning/shiny objects
- [ ] Flicks fingers/hand/toys in front of eyes

Sensory Behaviour Checklist

Tactile – sensitivity related to touch, pressure



Over Responsive

- [ ] Pulls away from light touch e.g avoids holding hands
- [ ] Avoids crowded situations
- [ ] Dislikes certain textures / removes clothes
- [ ] Avoids messy activities
- [ ] Resists teeth brushing / nails or hair cutting / brushing
- [ ] Likes labels cut out of clothes
- [ ] Does not like getting hands or body wet
- [ ] Dislikes wearing shoes / socks / hats / gloves
- [ ] Dislikes being dried by a towel
- [ ] Low pain threshold
- [ ] Gets fearful, anxious or aggressive with light or unexpected touch
- [ ] May become frightened when touched by someone/something that they cannot see
- [ ] May avoid group situations and/or sporting activities
- [ ] Avoid being out in windy weather, or when raining
- [ ] May get distressed by dirty hands/face
- [ ] May avoid wiping after toileting
- [ ] May refuse to wear socks/shoes
- [ ] Walks on toes on new flooring/textures

Under Responsive

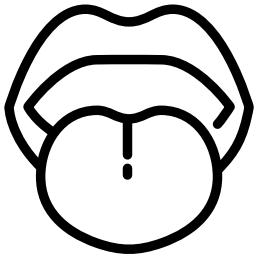
- [ ] High pain threshold
- [ ] Excessively touches objects
- [ ] Seeks messy play
- [ ] Likes to touch/stroke objects/surfaces/textures
- [ ] Needs to fiddle
- [ ] Likes pressure
- [ ] Has trouble keeping hands to self
- [ ] Cannot feel changes in temperature / wind on their body
- [ ] Rough and tumble and aggressive games

Sensory Behaviour Checklist

- [ ] Unaware of hurting others through physical touch
- [ ] Gets frustrated when buttoning or unzipping clothes
- [ ] Not aware of being touched/bumped into unless done with intensity
- [ ] Can be heavy handed, too much force used when around children/pets/others
- [ ] Craves vibration
- [ ] Self-harming i.e., may pick skin

Oral Input – sensitivity to taste, food preferences, oral stimuli

Over Responsive



- [ ] Only eats certain foods, picky eater
- [ ] Eats small range of foods, even certain brands
- [ ] Hesitant to try new foods / flavours / textures
- [ ] Drinks through a straw or special bottle
- [ ] Likes bland food / 'beige' food
- [ ] Refuses new food, may only eat soft food
- [ ] Sensitive to eating hot or cold foods
- [ ] May gag at some textures of food
- [ ] Complains about spicy, salty, sweet, sour food
- [ ] Does not like brushing teeth/taste of toothpaste
- [ ] Fears going to the dentist

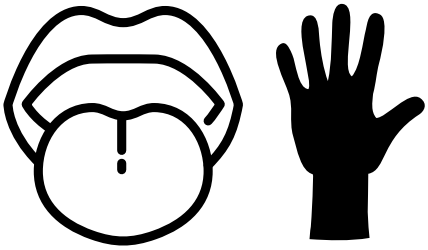
Under Responsive

- [ ] Will put non-food objects in mouth (this applies to anyone over the age of 2)
- [ ] May bite
- [ ] Eats very quickly
- [ ] Likes excessively spicy, sweet, sour or salty food
- [ ] Excessive drooling
- [ ] Chews on hair, shirt, fingers
- [ ] Has difficulty sucking, chewing and swallowing
- [ ] Acts as if all foods taste the same
- [ ] Demands sauce, condiments and seasoning on food
- [ ] May seek vibration to the mouth i.e., loves vibrating toothbrushes

Sensory Behaviour Checklist

For people with a limited diet please list the food they will eat:

Oral Motor – tactile sensitivity of the mouth.



Over Responsive

- [ ] Dislikes or avoids fizzy drinks
- [ ] Dislikes or avoids chewing food
- [ ] Avoids crunchy food
- [ ] Dislikes having brushed teeth
- [ ] Dislikes fork / spoon / cutlery

Under Responsive

- [ ] Likes to chew – may chew edible and inedible objects
- [ ] Likes to teeth grind
- [ ] May bite cheek, tongue or lips
- [ ] May chew pencils or fingers
- [ ] May overfill mouth with food, swallow large chunks

Sensory Behaviour Checklist

Auditory-Language – sensitivity to sounds, speaking, difficulty with spoken sounds.



Over Responsive

- [ ] Does not like loud noises but makes own 'loud' noises
- [ ] Unable to locate the source of a sound
- [ ] Can hear sounds others are not aware of
- [ ] Puts fingers in ears
- [ ] Puts hands over ears
- [ ] Hides under table
- [ ] Speaks in really quiet voice
- [ ] Gets tired

Under Responsive

- [ ] Shouts
- [ ] Talks off topic
- [ ] Talks out loud
- [ ] Sings / talks inappropriately
- [ ] Hums / sings / talks to self
- [ ] Unaware of sounds or where they come from
- [ ] Difficulty recalling / repeating / speaking articulately
- [ ] Gets tired

Olfactory – sensitivity to smells, difficulty identifying odours, associates people / places / object with smell.



Over Responsive

- [ ] Avoids certain areas
- [ ] Bothered by smells that do not bother others
- [ ] Offended by bathroom smells
- [ ] Tells other people how bad, or how funny they smell
- [ ] Covers nose
- [ ] Refuses certain foods (see taste).

Sensory Behaviour Checklist

Under Responsive

- [ ] Seeks certain smells
- [ ] Finds discriminating unpleasant odours
- [ ] Puts unpleasant smelling objects into their mouth
- [ ] Cannot smell scratch'n'sniff stickers
- [ ] Smells objects / people
- [ ] Will excessively use smell to familiarise themselves to when introduced to new foods, people, objects, and places.

Activities of Daily Living – please tell us about any specific difficulties with the occupations below:

Getting washed	
Brushing teeth	
Getting Dressed	
Eating and Mealtimes	
Sleep	
Being able to learn	
Being able to socialise	

Sensory Behaviour Checklist

Are there any behaviours that cause harm to self or others?