

# New Haven

## SENSORY CHECKLIST

Put an "X" next to the sentences that apply to you **MOST** or **ALL** of the time.

### Under-Responsive

#### *Tactile*

- Like to stand close to people, or like to stand in a crowded room.
- Like to get hugs from other people.
- Are not aware of being touched/bumped into by someone else unless it is done with extreme force or intensity.
- Licking envelopes or stickers/stamps doesn't bother you.
- Getting dirty doesn't bother you.
- Touching paint, glue or lotion doesn't bother you, you might even like "messy play".
- You don't mind textures like sand or grass on your bare feet.
- Like to eat really hot food or really cold food.
- Like trying new foods.
- Like going to the dentist.
- Pain doesn't bother you. Cuts, bruises and getting shots don't bother you (you might even like getting shots...)

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#### *Proprioceptive (body movement)*

- You have a "floppy body"—not much muscle tone.
- Don't catch yourself if you fall.
- Muscles are weak compared to others (weak grasp, etc).
- Prefer activities that don't require much movement, or avoid activities that require physical strength.
- Easily fatigued with physical activity, or get tired easily.
- Very calm person.
- Feel lazy or unmotivated, or people think you are lazy.

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#### *Vestibular (body sense)*

- Like to be the "observer".
- Like to stand next to someone bigger than you.
- Tend to write slowly.
- Like to write, color or cut with either hand.
- Good at organizing or planning.
- Like walking on sand or gravel.
- Prefer to lay around or sit around all day.

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#### *Auditory*

- People call your name and you don't hear them.
- Need people to repeat what they say to you (say "what" a lot).
- Have trouble understanding what people are saying to you.

- \_\_\_ Like background noise when working (music, TV, restaurants).
- \_\_\_ Like being in a noisy setting (restaurant, store, party, etc).
- \_\_\_ Don't mind the sound of ticking clocks, humming refrigerators, squeaky shoes, etc. Talk yourself through a task, often out loud.
- \_\_\_ Didn't talk or babble very much as a baby.

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**Visual**

- \_\_\_ Like tracing things or coloring.
- \_\_\_ School work makes you tired.
- \_\_\_ Lose your place when copying information from a book or the chalkboard.
- \_\_\_ Read or write some letters or words backwards.
- \_\_\_ Have a hard time telling the difference between colors, shapes and sizes.
- \_\_\_ Don't notice when someone enters the room.
- \_\_\_ Like watching busy places.
- \_\_\_ Have a hard time tracking moving objects.
- \_\_\_ Get "Left" and "Right" mixed up.

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**Taste**

- \_\_\_ Prefer food with strong taste or flavor.
- \_\_\_ Can never get enough condiments or seasonings on your food.
- \_\_\_ Tend to lick, taste or chew on inedible objects.
- \_\_\_ All food tastes the same.

**Smell**

- \_\_\_ Have a hard time telling smells apart.
- \_\_\_ Have eaten things that are poisonous or have gone bad because you don't notice the smell.
- \_\_\_ You don't notice unpleasant odors, or you ignore them.
- \_\_\_ Do not notice odors that others usually complain about.

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**Over-Responder**

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**Tactile**

- \_\_\_ Feel anxious, aggressive, or fearful if you are touched lightly or unexpectedly.
- \_\_\_ Become frightened when touched from behind or by someone/something you can't see.
- \_\_\_ Didn't like to be held or cuddled as an infant.
- \_\_\_ Don't like people to touch your bare skin.
- \_\_\_ Avoid group situations for fear of being touched unexpectedly.
- \_\_\_ Excessively ticklish.
- \_\_\_ Avoid standing in close proximity to other people or peers (crowds, waiting in line, etc)
- \_\_\_ Tend to wear the same thing over and over.
- \_\_\_ Don't like the feeling of tags on shirts, seams in socks or waistbands.
- \_\_\_ Don't like wearing stiff clothing, or avoid clothing with certain textures.
- \_\_\_ Bothered by rough or lumpy bed sheets.
- \_\_\_ Don't like to be kissed on the hand or the cheek (wipe kisses off).
- \_\_\_ Don't like the feeling of wind.
- \_\_\_ Don't like to take a shower, bath, go swimming, or being splashed.

- Avoid washing your face.
- Don't like the feeling of brushing your teeth.
- You have a sensitive head—it hurts when you or someone else brushes your hair.
- Refuse to walk barefoot on grass or sand.
- Tend to walk on your toes only.
- Like the feeling of deep-pressure, or “crashing” activities.
- Avoid cutting your fingernails.
- Tend to wipe off your hands or wash your hands a lot.
- Small scratches or bug bites bother you a lot.
- Trouble swallowing pills/medicine.

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### ***Proprioceptive (body movement)***

- There are certain textures of food that you can't stand to eat.
- Don't like eating mixed textures (tapioca, bread with nuts in it, etc).
- Have a hard time sucking, chewing or swallowing; may choke or have a fear of choking.
- Like small spaces (tents, corners).
- Like to be wrapped in a blanket.
- You are attached to a comfort item (favorite blanket, favorite stuffed animal, suck on thumb, etc).
- Don't like having your eyes closed or covered.
- It's hard to use scissors or silverware.
- Get motion sickness.
- Feel restless when sitting through a class, movie, etc.

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### ***Vestibular (body sense)***

- Like to rock yourself.
- Like to lay on your stomach or your back.
- Avoid/dislike swings, ladders, slides or merry-go-rounds.
- Don't like overlooking an edge from someplace high.
- Feel anxious, worried, or overwhelmed a lot.
- Don't like standing on a curb or a stair.
- Fearful of walking on uneven surfaces.
- Get dizzy easily.
- Don't like being tipped upside down, sideways or backwards.
- Feel anxious when going on an escalator or elevator.
- Don't like rides or things that vibrate, shake or rotate.
- Have a hard time falling asleep.

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### ***Auditory***

- Don't like loud sounds (horns, sirens, vacuums, etc).
- Distracted or bothered by sounds not noticed by others (humming of lights/refrigerators, clocks ticking, fans, heaters, lawn mowing, or outside construction).

- Sudden crashes or bangs make you nervous.
- Cover ears/afraid of loud or unexpected sounds, or vacuums, hairdryers, barking dogs, etc.
- Can't stand certain sounds (nails on a chalkboard, the sound of Styrofoam, etc).
- Foreign languages make you feel uncomfortable.
- Tend to speak softly.
- Prefer people with certain voices.
- Have trouble with back and forth conversations.
- "Light sleeper"—wake up at soft sounds.
- Like the volume on TV or music to be soft.
- Don't like going to stores, movies theaters, sporting events, concerts, parades, etc.
- Don't like unfamiliar sounds.
- Like white noise (fan, dishwasher, running water).
- It's hard to work in a noisy classroom.

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**Visual**

- It's hard to read for more than a few minutes.
- It bothers you when words or letters aren't evenly spaced.
- Hard to do school work for long periods of time.
- Afraid to learn how to drive.
- Difficulty maintaining eye contact.
- Don't like bright lights, bright sunlight, or flashing lights.
- Afraid of the dark.
- Enjoy sitting or playing in dim light, the shade or the dark.
- Sleep best when it's completely dark.

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**Taste**

- Prefer bland food.
- Prefer to eat familiar food over and over again.
- Only eat certain brands of food.
- You are a picky eater.

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**Smell**

- Certain smells make you sick.
- You can smell things that others can't smell.
- The smell of other peoples' houses bother you.

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**Sensory Seeker/Sensory Craver**

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**Tactile**

- Like getting your back scratched.
- Like getting massages.
- Like to wear your coat inside all day.
- Wear the same kind of clothes all the time (ex: only wear shorts, only wear long shirts, etc).
- Like touching fabric with different textures.

- \_\_\_\_\_ Like to wear turtlenecks, scarves, belts, ties or hats.
- \_\_\_\_\_ Like getting dried off by a towel.
- \_\_\_\_\_ Like being hot or being cold.
- \_\_\_\_\_ Like to touch or pick up things in a new place.
- \_\_\_\_\_ Like to chew on things.
- \_\_\_\_\_ Like to walk barefoot.
- \_\_\_\_\_ Pick or bite at your nails, fingers, lips or face a lot.

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### ***Proprioception (body movement)***

- \_\_\_\_\_ Like to jump, bounce, stomp; or like to jump from high places.
- \_\_\_\_\_ Tend to push down hard when writing or coloring.
- \_\_\_\_\_ Like to wrestle.
- \_\_\_\_\_ Fall down intentionally.
- \_\_\_\_\_ Like to eat crunchy or chewy food.
- \_\_\_\_\_ Grind your teeth during the day or night.
- \_\_\_\_\_ Like to chew on your hair, pens, your shirt, etc.
- \_\_\_\_\_ Like to tip back on the legs of your chair.
- \_\_\_\_\_ Like to ride your bike on uneven ground (like gravel).
- \_\_\_\_\_ Get in trouble for hitting, pushing, shoving or knocking into people.
- \_\_\_\_\_ Fidget or fiddle with things in reach.
- \_\_\_\_\_ Restless when have to sit through something.
- \_\_\_\_\_ Like to do repetitive activities.
- \_\_\_\_\_ Bang head or pinch, hit, cut or bite yourself.
- \_\_\_\_\_ Like to crack your knuckles.
- \_\_\_\_\_ Often touch, twist or pull your hair.
- \_\_\_\_\_ Like to climb things or hang from things.
- \_\_\_\_\_ Shake your legs a lot.
- \_\_\_\_\_ Like to sit on your knees or crouch.
- \_\_\_\_\_ Tend to be hyper.

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### ***Vestibular (body sense)***

- \_\_\_\_\_ Like to be rocked.
- \_\_\_\_\_ Like to be swung or tossed in the air by someone else.
- \_\_\_\_\_ Need rubbing, bouncing, singing, or rocking to fall asleep.
- \_\_\_\_\_ Prefer to be the “do-er”.
- \_\_\_\_\_ Like to look over the edge from someplace high.
- \_\_\_\_\_ Like to swing as high as possible and for long periods of time.
- \_\_\_\_\_ Always running, jumping, hopping, etc. instead of walking.
- \_\_\_\_\_ Like to spin yourself in circles or ride a teeter-totter.
- \_\_\_\_\_ Like to Skate, Ice Skate, Skateboard, Ski, or Snowboard.
- \_\_\_\_\_ You are a thrill seeker.
- \_\_\_\_\_ Like to slide down slides or climb ladders.

- \_\_\_ Like to hang upside-down or do somersaults.
- \_\_\_ Like to walk on snow, grass or deep-pile carpet.
- \_\_\_ Enjoy riding in a bus, car, train, or airplane.
- \_\_\_ Like to ride bikes.
- \_\_\_ Like to dance.
- \_\_\_ Like sudden movements, such as going over a big bump in the car or on a bike.

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**Auditory**

- \_\_\_ Tend to be a loud speaker.
- \_\_\_ Like to talk in silly voices or make random sounds for fun.
- \_\_\_ Like to sing alone or with others.
- \_\_\_ Like games with rapid instructions (Simon Says, etc).
- \_\_\_ Like to turn music or TV up loud.
- \_\_\_ Like listening to someone in a noisy room.
- \_\_\_ Oblivious of certain sounds.

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**Visual**

- \_\_\_ Like rooms with bright colors.
- \_\_\_ Like to watch TV, video games, or movies with lots of action, movement or color.
- \_\_\_ Enjoy playing baseball, basketball, catch, etc.
- \_\_\_ Enjoy doing puzzles or mazes.
- \_\_\_ Enjoy finding hidden pictures or doing word-searches.
- \_\_\_ Like looking through a kaleidoscope or colored glass.
- \_\_\_ Like to look at shiny things.
- \_\_\_ Enjoy writing.
- \_\_\_ Like to look at patterns.
- \_\_\_ Enjoy stringing beads.

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**Taste**

- \_\_\_ Like sour food.
- \_\_\_ Like sweet food.
- \_\_\_ Like bitter food.
- \_\_\_ Like spicy food.
- \_\_\_ Like eating new foods.
- \_\_\_ Like salty food.
- \_\_\_ Like lots of condiments or spices on your food.

**Smell**

- \_\_\_ Like the smell of flowers.
- \_\_\_ Like scratch-n-sniff stickers or scented markers.
- \_\_\_ Like smelling new scents.
- \_\_\_ Like the smell of people.
- \_\_\_ Like the smell of strong perfume.
- \_\_\_ Like the smell of garbage.
- \_\_\_ Tend to smell new things/put your nose into things or people.
- \_\_\_ Like the smell of gasoline or engine exhaust.
- \_\_\_ Like the smell of cleaning products.
- \_\_\_ Like the smell of playdough or plastic.

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## Sensory Discrimination

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### *Tactile*

- Hard to find something in a backpack, a purse, or pocket just by touch.
- Unable to identify objects by touch alone.
- “Balance touch”—if you touch something with one hand, you have to touch it with the other hand, too.
- Are a messy dresser—frequently look disheveled.
- Have difficulty using scissors, crayons or silverware.
- Have a hard time telling temperature.
- Gag easily.

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### *Proprioception (body movement)*

- Have trouble closing buttons, snaps or zippers.
- You feel like you are “clumsy” or spill things a lot.
- Avoid crossing midlines (moving arms/legs across the mid-section of the body).
- Don't like to write or draw.
- Have messy handwriting.
- Are a messy eater.
- Confuse Left and Right.
- Ears turn red when you are overwhelmed.
- Didn't crawl, talk, walk or ride a bike until after people your same age. (delayed “milestones”)
- Clench fists or toes often.
- Hard time telling the difference between heavy and light.
- Frequently break things on accident.
- Fall down, bump into things, or drop things a lot.
- Get lost easily.

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### *Vestibular (body sense)*

- Have a hard time learning new dance steps or exercises.
- Have trouble climbing up/down stairs.
- Have a hard time balancing on small objects or on uneven surfaces.
- Use only one hand when holding objects (hard to use both sides of the body together).
- Get wrist cramps when writing.
- Don't notice dangers (walk in front of cars, etc).
- Tend to walk “hard”, slam doors or put things down hard.
- Have a hard time being gentle with animals.

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### *Auditory*

- Hard to understand more than one instruction at a time.
- Hard to figure out what direction sound is coming from.

- \_\_\_ Tend to mis-hear things (hear things “wrong”).
- \_\_\_ Mumble when you speak, or stutter.
- \_\_\_ Hum or talk to yourself when doing a task.

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**Visual**

- \_\_\_ It is hard to look at spinning or moving objects.
- \_\_\_ Hard to tell the difference between colors, shapes or sizes apart.
- \_\_\_ Have a hard time finding things in a drawer, on a bookshelf, or in a grocery store.
- \_\_\_ Mix up letters, numbers or words.
- \_\_\_ Have a hard time lining up numbers for math.
- \_\_\_ Have a hard time reading an analogue clock.

**Taste**

- \_\_\_ Can only eat a limited type of food.
- \_\_\_ The taste of certain foods make you nauseated or gag.

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**General Modulation**

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- |   |  |
|---|--|
| ___ Have low energy.                                      | ___ uncooperative.   |
| ___ Feel depressed.                                       | ___ Have trouble relating to peers.                                      |
| ___ Sleep through alarm, hard to wake up, or sleep a lot. | ___ Don't understand social cues.  |
| ___ Unusual sleep habits.                                 | ___ Can't seem to finish projects or tasks.                              |
| ___ Hard time sleeping in a new place.                    | ___ High energy.   |
| ___ Hard time falling asleep.                             | ___ Impatient or Impulsive.  |
| ___ Don't go to parties or hang out with friends.         | ___ Wander around aimlessly, lost in thought.                            |
| ___ Prefer solitary activities.                           | ___ Experience separation anxiety.                                       |
| ___ Get engrossed in a single activity (tune people out). | ___ Have OCD symptoms.   |
| ___ It's hard to stop an activity that you enjoy.         | ___ Frequent anxiety attacks.  |
| ___ Resistant to changes in your schedule.                | ___ Easily startled.   |
| ___ Prone to outbursts or tantrums.                       | ___ Heart rate or breathing is fast in unusual situations.               |
| ___ Eat at odd times.                                     | ___ Get angry or upset when over-stimulated.                             |
| ___ Always want to know “what's for dinner”.              | ___ Frequently frustrated.   |
| ___ Always hungry or not hungry at all.                   | ___ Hard to accept defeat or to forgive yourself.                        |
| ___ Tell people what to do often—seen as rigid or bossy.  | ___ Oversensitive bladder or bowel.                                      |
| ___ Difficulty with authority figures.                    | ___ Have excessive reflux, allergies, ear infections, or stomach issues. |
| ___ People see you as defiant, stubborn or                |  |