



Sensory Preferences Checklist

Observe your child's sensory preferences. Then, check the boxes that apply.

Movement

My child is under-sensitive to movement and seeks out movement by...

- jumping
- rocking
- spinning
- playing rough-and-tumble games, e.g., being thrown in the air
- running back and forth
- other:

My child shows that he or she is over-sensitive to movement by...

- showing fear on steps or escalators
- showing fear on swings, teeter-totters and slides
- getting carsick
- other:

Touch

My child is under-sensitive to touch and seeks it out by...

- wanting long hugs
- wrapping himself or herself in blankets
- squeezing into tight places (e.g., behind the couch)
- insisting on wearing tight-fitting clothes
- lying flat on the floor
- bumping into people
- clapping his or her hands
- holding objects
- putting objects in his or her mouth
- grinding his or her teeth
- rarely crying when he or she gets hurt
- other:

My child shows that he or she is over-sensitive to touch because he or she...

- dislikes sticky things on his or her hands (e.g., playdough, mud and paint)
- likes or dislikes certain clothing textures
- dislikes wearing hat and gloves
- dislikes getting his or her hair washed or cut
- dislikes crunchy, chewy foods
- other:





Sensory Preferences Checklist (continued)

Sound

My child shows he or she is under-sensitive to sound because he or she...

- doesn't appear to hear what people say
- likes music and certain sounds
- likes toys that make certain sounds
- likes it when I talk to him in an animated way
- other:

My child shows that he or she is over-sensitive to sound and may avoid it because he or she...

- covers his or her ears
- cries when I use appliances (e.g., dishwasher, vacuum, blow dryer)
- likes it when I use a soft voice
- can hear the faintest sounds
- other:

Sight

My child is under-sensitive to things he or she sees and seeks out visual sensations by...

- flicking the lights on and off
- watching repetitive movements (e.g., book pages turning, opening and closing doors, his or her fingers moving in front of his or her face)
- lining things up
- looking at things out of the corner of his or her eyes
- looking at things from unusual angles
- other:

My child shows he or she is over-sensitive to things he or she sees and may avoid some visual sensations because he or she...

- prefers the dark
- blinks often
- avoids the sun
- other:



Smell and Taste

My child is under-sensitive to some smells or tastes and seeks out these sensations by...

- exploring things by licking and/or smelling them
- liking highly seasoned foods (e.g., very salty)
- other:

My child shows he or she is over-sensitive to some smells or tastes and avoids these sensations because he or she...

- likes bland food
- is sensitive to certain smells (e.g., perfume)
- other: