

Sensory Processing Checklist *all ages*

Tactile

Do you or your child:

- ✓ dislike being held or always wants cuddles and hugs

- ✓ have difficulty with grooming needs (getting hair washed, getting hair or nails cut)

- ✓ dislike taking a shower

- ✓ react aggressively when touched unexpectedly

- ✓ dislike being touched, kissed, etc.

- ✓ dislike getting hands dirty and/or avoid messy play or

- ✓ avoid going barefoot

- ✓ feel excessively ticklish

- ✓ withdraw from situations

- ✓ avoid sitting close to other people

- ✓ always sit too close to others

- ✓ always seem to be touching something or someone

- ✓ have the same reaction to a small (paper-cut) vs a large injury (broken bone)

- ✓ prefer long sleeves and pants or shorts and short sleeves regardless of weather—or have difficulty transitioning between seasonal clothing

Sensory Processing Checklist *all ages*

Vestibular

Do you or your child seem to have a **high tolerance** to movement by exhibiting any of the following:

- seems like they are always “on the go”
- has difficulty sitting still
- moves when talking, reading, etc.
- has difficulty paying attention
- craves intense movement experiences such as jumping on bed and furniture
- takes excessive risks during play or life (i.e. “adrenaline junky”)
- seems accident-prone
- does not get dizzy easily
- enjoys spinning for long periods of time

Do you or your child seem to have a **low tolerance** to movement and/or Gravitational Insecurity by exhibiting the following:

- become anxious when feet leave the ground
- have a great fear of falling
- fear of climbing or heights
- avoiding playground equipment
- dislike having head upside down or tilted backwards
- avoids jumping activities
- is very cautious when going up and down stairs
- seems slow at new movements
- avoids walking along uneven surfaces
- becomes dizzy with fast head turns
- suffers from motion sickness

Sensory Processing Checklist *all ages*

Proprioceptive

Do you or your child:

- ✓ difficulty with body awareness
- ✓ difficulty planning new movements
- ✓ difficulty knowing where his body is in relation to others and objects
- ✓ chew constantly on objects
- ✓ stomps feet on the floor when walking
- ✓ deliberately crashes into objects
- ✓ holds pencils too lightly
- ✓ presses down on hard paper when writing
- ✓ has difficulty with handwriting and drawing
- ✓ uses a lot of force when playing with toys and may break them
- ✓ has difficulty lifting objects

Sensory Processing Checklist *all ages*

Visual

Do you or your child:

- ✓ have difficulty staying within lines when coloring or writing
- ✓ complain of double or blurred
- ✓ has difficulty putting puzzles together
- ✓ has difficulty copying from books
- ✓ have hard time finding something in a drawer
- ✓ has difficulty following a moving object
- ✓ omits words when reading
- ✓ seem "disorientated" or overwhelmed by large crowds or big spaces
- ✓ have difficulty with fine motor tasks
- ✓ have difficulty understanding concepts such as right/ left, up/down
- ✓ reverse letters and numbers
- ✓ become uncomfortable by moving objects and people

Sensory Processing Checklist *all ages*

Auditory

Do you or your child:

- ✓ become easily distracted with noise

- ✓ have difficulty paying attention

- ✓ seem to misunderstand what is said

- ✓ become upset in noisy places

- ✓ seem difficult to understand when speaking

- ✓ have difficulty looking and listening at the same time

- ✓ speak in a loud voice

- ✓ have a poor vocabulary

- ✓ have difficulty with reading

- ✓ cover ears to protect from sound

Sensory Processing Checklist *all ages*

Olfactory/Smell

Do you or your child:

- ✓ react negatively to, or dislikes smells that other children do not notice
- ✓ refuses to eat certain foods because of their smell
- ✓ become nauseated by bathroom odors
- ✓ seem bothered/irritated by smell of perfume or cologne
- ✓ seem bothered by smells in supermarket

Oral Motor/Taste

Do you or your child:

- ✓ gag easily with food textures
- ✓ avoid certain tastes
- ✓ classify as a picky eater
- ✓ crave certain foods
- ✓ chew on or lick nonfood objects
- ✓ mouth objects
- ✓ has difficulty with sucking, chewing, and swallowing

Sensory Processing Checklist *all ages*

Miscellaneous

Other areas that may be affected by or related to sensory processing dysfunctions:

- ✓ low self-esteem
- ✓ low self-confidence
- ✓ seems anxious
- ✓ has difficulty tolerating changes in routines
- ✓ has strict routines
- ✓ Has difficulty transitioning from one activity to another
- ✓ has difficulty playing/working with others
- ✓ gets upset easily
- ✓ does not persist with tasks/ gives up easily
- ✓ is stubborn or uncooperative
- ✓ has frequent temper tantrums
- ✓ has difficulty making friends
- ✓ does not express emotions
- ✓ needs adult guidance or constant reassurance to play
- ✓ has difficulty with social interactions
- ✓ jumps from one activity to another